THE

COMPLEAT COOK:

Expertly preſcribing the moſt ready wayes,

whether { *Italian*, *Spaniſh*, or *French*,

For dreſſing of *Fleſh*, and *Fiſh*, ordering of *Sauces*, or making of

PASTRY.

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THE COMPLEAT COOK:

Expertly preſcribing the moſt ready wayes, whether Italian, Spaniſh, or French, for dreſſing of FLESH and FISH, &c.

To make a Poſſet, the Earle of Arundels *Way.*

TAke a quart of Cream, and a quarter of a Nutmeg in it, then put it on the fire, and let it boil a little while, and as it is boiling, take a Pot or Baſon, that you mean to make your Poſſet in, and put in three ſpoonfuls of ſack, & ſome eight of

Ale, and ſweeten it with ſugar, then ſet it over the coles to warm a little while, then take it off and let it ſtand till it be almoſt cool, then put it into the pot or baſon, and ſtir it a little, and let it ſtand to ſimper over the fire an hour or more, for the longer the better.

To boil a Capon larded with Lemons.

TAke a fair Capon and truſs him, boil him by himſelf in fair water, with a little ſmall Oat-meal, then take mutton broth, and half a pint of White-wine, a bundle of herbs, whole Mace, ſeaſon it with verjuice, put marrow, dates, ſeaſon it with ſugar, then take preſerved lemons and cut them like lard, and with a larding pin lard it in, then put the capon in a deep diſh, thicken your broth with Almonds, and pour it on the Capon.

To bake Red Deer.

PArboil it, and then ſauce it in vinegar, then lard it very thick, and ſeaſon it with pepper, ginger, and nutmegs, put it into a deep pie with good ſtore of ſweet butter, and let it bake, when it is baked, take a pint of Hippocras, half a pound of

of ſweet butter, two or three Nutmegs, a little Vinegar, pour it into the Pye in the Oven and let it lye and ſoak an hour, then take it out, and when it is cold ſtop the vent hole.

To make fine Pan-cakes fryed without Butter or Lard.

TAke a pint of cream, and ſix new laid egs, beat them very well together, put in a quarter of a pound of Sugar, and one Nutmeg or a little beaten Mace (which you pleaſe) and ſo much flour as will thicken almoſt as much as ordinarily Pancake batter; your pan muſt be heated reaſonably hot & wiped with a clean Cloth, this done put in your Batter as thick or thin as you pleaſe.

To dreſs a Pig the French manner.

TAke it and ſpit it, & lay it down to the fire, and when your Pig is through warm, skin her, and cut her off the Spit as another Pig is, and ſo divide it in twenty pieces more or leſs as you pleaſe; when you have ſo done, take ſome White wine and ſtrong broth, and ſtew it therein, with an Onion or two mixed very ſmall, a little

Time alſo minced with nutmeg ſliced and grated, Pepper, ſome Anchoves and Elder Vinegar, and a very little ſweet Butter, and Gravy if you have it, ſo diſh it up with the ſame liquor it is ſtewed in, with French Bread ſliced under it, with Oranges and Lemons.

To make a Steak Pye, with a French Pudding in the Pye.

SEaſon your ſteaks with pepper & nutmegs, and let it ſtand an hour in a tray then take a piece of the leaneſt of a Leg of Mutton, and mince it ſmall with Suet, and a few ſweet herbs, tops of yong time, a branch of Pennniroyal, two or three of red ſage, grated bread, yolks of egs, ſweet Cream, Raiſins of the Sun; work all tother like a pudding with your hand ſtiff, and roul them round like balls, and put them into the ſteaks in a deep coffin, with a piece of ſweet Butter; ſprinkle a little Verjuyce on it, bake it, then cut it up, and roul ſage leaves and fry them, and ſtick them upright in the walls, and ſerve your Pye without a cover, with the juyce of an Orange or Lemon.

An excellent way of dreſſing fiſh.

TAke a piece of freſh ſalmon, and waſh it clean in a little vinegar and water, and let it lie awhile in it, then put it into a great Pipkin with a cover, and put to it ſome ſix ſpoonfulls of water, and four of vinegar, and as much of white wine, a good deal of ſalt, a handful of ſweet herbs, a little white ſorrel, a few Cloves, a little ſtick of Cinnamon, a little Mace, put all theſe in a pipkin cloſe, and ſet it in a Kettle of ſeething water, and there let it ſtew three hours.

You may do Carps, Eels, Trouts, &c. this way, and they taſte alſo to your minde.

To fricate Sheeps feet.

TAke ſheepsfeet, ſlit the bone, & pick them very clean, then put them in a Frying-pan, with a ladle full of ſtrong broth, a piece of butter, and a little Salt, after they have fried awhile, put to them a little Parſley, green Chibals, a little yong Spearmint and Time, all ſhred very ſmall, & a little beaten pepper; when you

think they are fryed almoſt enough, have a lear made for them with the yolks of two or three Eggs, ſome gravy of Mutton, a little Nutmeg, and juyce of a Lemon wrung therein, and put this lear to the ſheeps feet as they fry in the pan, then toſs them once or twice, and put them forth into the Diſh you mean to ſerve them in.

To fricate Calves Chaldrons.

TAke a calves Chaldron, after it is little more then half boiled, and when it is cold, cut it into little bits as big as Walnuts; ſeaſon it with beaten Cloves, Salt, Nutmeg, Mace, and a little Pepper, an Onion, Parſley, and a little Tarragon, all ſhred very ſmall, then put it into a frying-pan, with a Ladle-ful of ſtrong broth, and a little piece of ſweet butter, ſo fry it; when it is fryed enough, have a little lear made with the Gravy of Mutton, the juyce of a Lemon and Orange, the yolks of three or four Eggs, and a little Nutmeg grated therein; put all this to your Chaldrons in the Pan, toſs your Fricat two or three times, then diſh it, and ſo ſerve it up.

To Fricate Champigneons.

MAke ready your champignions as you do for ſtewing, and when you have poured away the black liquor that comes from them, put your champigneons into a Frying pan with a piece of ſweet butter, a little Parſley, Time, ſweet Marjoram, a piece of Onion ſhred very ſmall, a little Salt and fine beaten Pepper, ſo fry them till they be enough, ſo have ready the lear aboveſaid, and put it to the champignions whileſt they are in the Pan, toſs them two or three times, put them forth and ſerve them.

To make Buttered Loaves.

TAke the yolks of twelve Eggs, and ſix whites, and a quarter of a pint of yeſt, when you have beaten the eggs well, ſtrain them with the yeaſt into a diſh, then put to it a little ſalt, and two raſes of Ginger beaten very ſmall, then put flour to it till it come to a high Paſt that will not cleave, then you muſt roule it upon your hands, and afterwards put it into a warm cloth, and let it lie there a quarter of an hour, then make it up in little Loaves, bake it,

againſt it is baked, prepare a pound and a half of Butter, a quarter of a pint of white wine, and half a pound of Sugar; this being melted and beaten together with it, ſet them into the oven a quarter of an hour.

To murine Carps, Mullet, Gurnet, Rochet, or Wale, &c.

TAke a quart of water to a gallon of vinegar, a good handful of Bay-leaves, as much Roſemary, a quarter of a pound of Pepper beaten; put all theſe together, and let it ſeethe ſoftly, and ſeaſon it with a little ſalt, then fry your fiſh with frying Oyl till it be enough, then put in an earthen veſſel, and lay the Bay-leaves and Roſemary between and about the Fiſh, and pour the Broth upon it, and when it is cold, cover it, &c.

To make a Calves Chaldron Pie.

TAke a Calves Chaldron, half boil it, & cool it; when it is cold mince it as ſmall as grated bread, with half a pound of Marrow; ſeaſon it with ſalt, beaten Cloves, Mace, Nutmeg, a little Onion, and ſome of the outmoſt rind of a Lemon minced

minced very small, and wring in the juyce of half a lemon, and then mix all together, then make a piece of puff paste, and lay a leaf thereof in a silver dish of the bigness to contain the meat, then put in your meat, and cover it with another leaf of the same paste, and bake it; and when it is baked take it out and open it, and put in the juyce of two or three oranges, stir it well together, then cover it again and serve it. Be sure none of your orange kernels be among your Pye-meat.

To make a Pudding of a Calves Chaldron.

TAke your Chaldron after it is half boiled and cold, mince it as small as you can with half a pound of beef-suet, or as much marow, season it with a little onion, Parsley, Tyme, and the outmost rind of a piece of lemon, all shred very small, Salt, beaten Nutmeg, Cloves and Mace mixed together, with the yolks of four or five eggs, and a little sweet Cream; then have ready the great guts of a Mutton scraped and washed very clean; let your Gut have lain in white-wine and Salt half a day before you use it; when your meat is mixed & made up somewhat stiff, put it into the sheeps gut, and so boil it,

when

when it is boiled enough, ſerve it to the Table in the Gut.

To make a Banbury Cake.

TAke a peck of pure Wheat-flower ſix pound of currans, half a pound of Sugar, two pound of Butter, half an ounce of Cloves and Mace, a pint and a half of Ale-yeaſt, and a little Roſe-water; then hoil as much new milk as will ſerve to knead it, and when it is almoſt cold, put into it as much Sack as will thicken it, and ſo work it all together before a fire, pulling it two or three times in pieces, after make it up.

To make a Devonſhire *White-pot.*

TAke a pint of Cream and ſtrain four Eggs into it, and put a little Salt and a little ſliced Nutmeg, and ſeaſon it with Sugar ſomewhat ſweet; then take almoſt a penny Loaf of fine bread ſliced very thin, and put it into a diſh that will hold it, the Cream and the Eggs being put to it; then take a handful of Raiſins of the Sun being boiled, and a little ſweet Butter, ſo bake it.

To make Rice Cream.

TAke a quart of cream, two good handfuls of Rice-flower, a quarter of a pound of Sugar and flower beaten very ſmall, mingle your Sugar and flower together, put it into your Cream, take the yolk of an Egg, beat it with a ſpoonful or two of Roſe water, then put it to the Cream, and ſtir all theſe together, and ſet it over a quick fire, keeping it continually ſtirring till it be as thick as water-pap.

To make a very good great Oxfordſhire *Cake.*

TAke a peck of flower by weight, & dry it a little, & a pound and a half of Sugar, an ounce of cinamon, half an ounce of nutmegs, a quarter of an ounce of mace & cloves, a good ſpoonful of Salt, beat your Salt and Spice very fine, and ſearce it, and mix it with your flower and Sugar; then take three pound of butter and work it in the flour, it wil take three hours working; then take a quart of Ale-yeaſt, two quarts of Cream, half a pint of Sack, ſix grains of Ambergreeſe diſſolved in it, half a

pint

pint of Roſewater, ſixteen Eggs, eight of the whites, mix theſe with the flour, and knead them well together, then let it lie warm by your fire till your Oven be hot, which muſt be little hotter then for manchet; when you make it ready for your oven, put to your cake ſix pound of Currans, two pound of Raiſins of the Sun ſtoned & minced, ſo make up your cake, and ſet it in your oven ſtopt cloſe; it will take three hours baking; when baked, take it out and froſt it over with the white of an Egg & Roſewater well beat together, and ſtrew fine ſugar upon it, & then ſet it again into the oven, that it may ice.

To make a Pumpion Pye.

TAke about half a pound of Pumpion & ſlice it, a handful of Time, a little Roſemary, Parſley, and ſweet Marjoram ſlipped off the ſtalks, & chop them ſmall, then take Cinamon, Nutmeg, Pepper, and ſix Cloves, and beat them; take ten Eggs and beat them, then mix them, and beat them altogether, & put in as much ſugar as you think fit, then fry them like a froiz; after it is fried, let it ſtand till it be cold, then fill your Pye, take ſliced Apples thin round wayes, and lay a row ofth e Froiz, and a layer of Apples with Currans

Currans betwixt the layer while your pie is fitted, and put in a good deal of ſweet butter before you cloſe it; when the pie is baked, take ſix yolks of Eggs, ſome white-wine or Verjuyce, and make a Caudle of this, but not too thick; cut up the lid and put it in, ſtir them well together whileſt the Eggs and Pumpions be not perceived, and ſo ſerve it up.

To make the beſt Sauſages that ever was eat.

TAke a leg of young Pork, and cut off all the lean, and ſhred it very ſmall, but leave none of the ſtrings or skins amongſt it, then take two pound of Beef-ſuet, and ſhred it ſmall, then take two handfuls of red Sage, a little Pepper and Salt, and Nutmeg, and a ſmall piece of an Onion, chop them altogether with the fleſh and ſuet; if it is ſmall enough, put the yolk of two or three Eggs, and mix altogether, and make it up in a paſte if you will uſe it, rowl out as many pieces as you pleaſe in the form of an ordinary Sauſage, and ſo fry them, this paſte will keep a fortnight upon occaſion.

To boil a Freſh Fiſh.

TAke a carp, or other, & put them into a deep diſh, with a pint of white-wine, a large Mace, a little Time, Roſemary, a piece of ſweet Butter, and let him boil between two diſhes in his own blood, ſeaſon it with Pepper and Verjuyce, and ſo ſerve it up on ſippets.

To make Fritters.

TAke half a pint of Sack, a pint of Ale, ſome Ale-yeaſt, nine Eggs, yolks and whites, beat them very well the Eggs firſt, then altogether, put in ſome Ginger, and Salt, and fine flower, then let it ſtand an hour or two, then ſhred in the Apples; when you are ready to fry them, your ſuet muſt be all Beef ſuet, or half Beef, and half Hoggs-ſuet tryed out of the leaf.

To make Loaves of Cheeſe-curds.

TAke a Porringer full of Curds, and four Eggs, whites, & yolks, & ſo much flour as will make it ſtiff, then take a little Ginger, Nutmeg, & ſome Salt, make them into loves, and ſet them into an oven with a quick

a quick heat; when they begin to change colour take them out, and put melted butter to them, and ſome Sack, and good ſtore of Sugar, and ſo ſerve it.

To make fine Pies after the French Faſhion.

TAke a pound and half of Veal, two pound of Suet, two pound of great Raiſins ſtoned, half a pound of Prunes, as much of Currans, ſix Dates, two Nutmegs. a ſpoonful of Pepper, an ounce of Sugar, an ounce of Carawayes, a Saucer of Verjuyce, and as much Roſewater, this will make three fair Pyes; with two quarts of flour, three yolks of Eggs, and half a pound of Butter.

A ſingular Receipt for making a Cake.

TAke half a peck of flour, two pound of Butter, mingle it with the flour, three Nutmegs, & a little mace, Cinamon, Ginger, half a pound of Sugar, leave ſome out to ſtrew on the top, mingle theſe well with the flour and Butter, five pound of Currans well waſhed, and pickt, and dryed in a warm Cloth, a wine pint of Ale yeaſt, ſix Eggs leave out the whites, a quart of Cream boiled and almoſt cold again: work

work it well together, and let it be very lith, lay it in a warm Cloth, and let it lye half an hour againſt the fire. Then make it up with the white of an Egg, a little Butter, Roſe-water, and Sugar; ice it over and put it into the oven, and let it ſtand one whole hour and a half.

To make a great Curd Loaf.

TAke the Curds of three quarts of new milk clean whayed, and rub into them a little of the fineſt flour you can get, then take half a race of Ginger, and ſlice it very thin, and put it into your Curds with a little ſalt, then take half a pint of good Ale Yeaſt and put to it, then take ten Eggs, but three of the whites, let there be ſo much flour as will make it into a reaſonable ſtiff paſte, then put it into an indifferent hot cloth, and lay it before the fire to riſe while your Oven is heating, then make it up into a Loaf, and when it is baked, cut up the top of the Loaf, and put in a pound and a half of melted Butter, and a good deal of Sugar in it.

To make buttered loaves of Cheese-curds.

TAke three quarts of new milk & put in as much Rennet as will turn, take your Whay clean away, then break your curds very small with your hands, and put in six yolks of Eggs, but one white; an handful of grated bread, an handful of Flower, a little salt mingled altogether; work it with your hand, roul it into little Loaves, then set them in a Pan buttered, then beat the yolk of an egg with a little beer, and wipe them over with a feather, then set them in the oven as for manchet, and stop that close three quarters of an hour, then take half a pound of Butter, three spoonfuls of water, a nutmeg sliced thin, a little sugar, set it on the fire, stir it till it be thick, when your loaves are baked, cut off the tops & butter them with this butter, some under, some over, and strow some sugar on them.

To make Cheese-loaves.

GRate a wheat loaf, and take as much curd as bread, to that put eight yolks of eggs, and four whites, and beat them very well, then take a little cream, but let it

it be very thick, put altogether, and make them up with two handfuls of flour, the Curds muſt be made of new Milk and whayed verydry, you muſtmake them like little Loaves and bake them in an Oven; and being baked cut them up, and have in readineſs ſome ſweet Butter, Sugar, Nutmeg ſliced and mingled together, put it into the Loaves, and with it ſtir the Cream well together, then cover them again with the tops, and ſerve them with a little Sugar ſcraped on.

To make Puff.

TAke four pints of new Milk, rennet, take out all the Whay very clean, and wring it in a dry cloth, then ſtrain it in a wooden Diſh till they become as Cream, then take the yolks of two Eggs, and beat them and put them to the Curds, and leave them with the Curds, then put a ſpoonful of Cream to them, and if you pleaſe half a ſpoonful of Roſe-water, and as much flour beat in it as will make it of an indifferent ſtiffneſs, juſt to roul on a Plate, then take off the Kidney of Mutton-ſuet and purifie it, and fry them in it, and ſerve them in with butter, roſe-water and Sugar.

To make Elder Vinegar.

Gather the flowers of elder, pick them very clean, and dry them in the ſun on a gentle heat, and take to every quart of vinegar a good handfull of flowers, and let it ſtand to ſun a fortnight, then ſtrain the vinegar from the flowers, and put it into the barrel again, and when you draw a quart of vinegar, draw a quart of water, and put it into the barrel lukewarm.

To make good Vinegar.

TAke one ſtrike of Malt, and one of Rye ground, and maſh them together, and take (if they be good) three pound of Hops, if not four pound; make two Hogs-heads of the beſt of that Malt and Rye, then lay the Hogs-heads where the ſun may have power over them, and when it is ready to tun, fill your hogs-heads where they lie, then let them purge clear, and cover them with two ſlate ſtones, and within a week after when you bake, take two wheat loaves hot out of the oven, and put into each Hogſhead a loaf; you muſt uſe this four times, you muſt brew this in April, and let

let it ſtand till *June*, then draw them clearer, then waſh the Hogſheads clean, and put the beer in again; if you will have it Roſe-vinegar, you muſt put in a ſtrike and a half of roſes; if elder-vinegar, a peck of the flowers; if you will have it white, put nothing in it after it is drawn, and ſo let it ſtand till *Michaelmas*; if you will have it coloured red, take four gallons of ſtrong ale as you can get, and elder-berries picked a few full clear, and put them in your pan with the ale, ſet them over the fire till you gueſs that a pottle is waſted, then take it off the fire, & let it ſtand till it be ſtone cold, & the next day ſtrain it into the Hogſhead, then lay them in a Cellar or Buttery, which you pleaſe.

To make a Coller of Beef.

TAke the thinneſt end of a coaſt of beef boil it & lay it in pump-water, and a little ſalt three days, ſhifting it once every day, and the laſt day put a pint of Claret wine to it, and when you take it out of the water, let it lye two or three hours a draining, then cut it almoſt to the end in three ſlices, then bruiſe a little Cochineel, and a very little allum, and mingle it with the claret wine, and colour the meat all o-

ver

ver with it, then take a dozen of Anchoves, waſh them and bone them, and lay them into the beef, and ſeaſon it with Cloves, Mace, & Pepper, and two handfuls of ſalt, & a little ſweet marjoram, & Time, and when you make it up, roul the innermoſt ſlice firſt, & the other two upon it, being very well ſeaſond every where and bind it hard with tape, then put it into a ſtone pot, ſomething bigger then the coller, and pour upon it a pint of Claret-wine, and half a pint of wine-vinegar, a ſprig of Roſemary, and a few bay leaves, and bake it very well; before it is quite cold, take it out of the Pot, and you may keep it dry as long as you pleaſe.

To make an Almond Pudding.

TAke two or three French Rowls, or white penny bread, cut them in ſlices, & put to the bread as much cream as will cover it, put it on the fire till your cream and bread be very warm, then take a ladle or ſpoon & beat it very well together, put to this twelve eggs, but not above four whites, put in beef ſuet, or marrow, according to your diſcretion, put a pretty quantity of Currans and Raiſins, ſeaſon the Pudding with nutmeg, mace, ſalt, and ſugar,

Sugar, but very little flower, for it will make it ſad and heavy; make a piece of puff paſte as much as will cover your diſh, ſo cut it very handſomely what faſhion you pleaſe; butter the bottom of your diſh, put the pudding into the diſh, ſet it in a quick oven, not too hot as to burn it, let it bake till you think it be enough, ſcrape on ſugar, and ſerve it up.

To boil Cream with French Barley.

Take the third part of a pound of french Barley, waſh it well with fair water, and let it lie all night in fair water, in the morning ſet two skillets on the fire with fair water, and in one of them put your Barley, and let it boil till the water look red, then put the water from it, & put the Barley into the other warm water, thus boil it & change it with freſh warm water till it boil white, then ſtrain the water clean from it, then take a quart of Cream, put into it a nutmeg or two quartered, a little large mace and ſome ſugar, and let it boil together a quarter of an hour, & when it hath thus boiled, put into it the yolks of three or four Eggs, well beaten with a little

little Roſe-water, then diſh it forth, and eate it cold.

To make Cheeſe-Cakes.

TAke three Eggs and beat them very well, and as you beat them, put to them as much fine flower as will make them thick, then put to them three or four Eggs more, and beat them altogether ; then take one quart of Cream, and put into it a quarter of a pound of ſweet butter, and ſet them over the fire, and when it begins to boyle, put to it your Eggs and flower, ſtir it very well, and let it boyle till it be thick, then ſeaſon it with Salt, Cinamon, Sugar, and Currans, and bake it.

To Make a Quaking Pudding.

TAke a pint and ſomewhat more of thick Cream, ten eggs, put the whites of three, beat them very well with two ſpoonfuls of Roſe-water : mingle with your Cream three ſpoonfuls of fine flower : mingle it ſo well , that there be no lumps in it, put it altogether, and ſeaſon it according to your Taſt : Butter a Cloth very well, and let it be thick that it may not run out, and let it boyle for

half an hour as fast as you can, then take it up and make Sauce with Butter, Rose-water and Sugar, and serve it up.

You may stick some blanched Almonds upon it if you please.

To Pickle Cucumbers.

PUt them in an Earthen Vessel, lay first a Lay of Salt and Dill, then a Lay of Cucumbers, and so till they be all Layed, put in some Mace and whole pepper, and some Fennel-seed according to direction, then fill it up with Beer-Vinegar, and a clean board and a stone upon it to keepe them within the pickle, and so keep them close covered, and if the Vinegar is black, change them into fresh.

To Pickle Broom Buds.

TAke your Buds before they be yellow on the top, make a brine of Vinegar and Salt, which you must do onely by shaking it together till the Salt be melted, then put in your Buds, and keepe stirred once in a day till they be sunk within the Vinegar, be sure to keep close covered.

To keep Quinces raw all the year.

TAke ſome of the worſt Quinces and cut them into ſmall pieces, and Coares and Parings, boyle them in water, and put to a Gallon of water, ſome three ſpoonfulls of Salt, as much Honey; boyle theſe together till they are very ſtrong, and when it is cold, put it into half a pint of Vinegar in a wooden Veſſel or Earthen Pot; and take then as many of your beſt Quinces as will go into your Liquor, then ſtop them up very cloſe that no Aire get into them, and they will keep all the yeare.

To make a Gooſeberry Fool.

TAke your Gooſeberries, and put them in a Silver or Earthen Pot, and ſet it in a Skiller of boyling Water, and when they are coddled enough ſtrain them, then make them hot again, when they are ſcalding hot, beat them very well with a good piece of freſh butter, Roſe-water and Sugar, and put in the yolke of two or three Eggs; you may put Roſe-water into them and ſo ſtir it altogether, and ſerve it to the Table when it is cold.

To make an Oatmeale Pudding.

TAke a Porrenger full of Oatmeale beaten to flower, a pint of Cream, one Nutmeg, four Eggs beaten, three whites, a quarter of a pound of Sugar, a pound of Beefe-suet well minced, mingle all these together, and so bake it. An houre will bake it.

To make a green Pudding.

TAke a penny loafe of stale Bread, grate it, put to half a pound of sugar, grated Nutmeg, as much Salt as will season it, three quarters of a pound of beef-suet shred very small: then take sweet Herbs, the most of them Marigolds, eight Spinages: shred the Herbs very small, mix all well together, then take two Eggs and work them up together with your hand, and make them into round balls, and when the water boyles put them in, serve them with Rose-water, Sugar, and Butter or Sauce.

To make good Sauſages.

TAke the lean of a Legge of Pork, and four pound of Beef-ſuet, or rather butter, ſhred them together very ſmall, then ſeaſon it with three quarters of an ounce of Pepper, and half an ounce of Cloves and Mace mixed together, as the Pepper is, a handfull of Sage when it is chopt ſmall, and as much ſalt as you thinke will make them taſt well of it; mingle all theſe with the meat, then break in ten Eggs, all but two or three of the whites, then temper it all well with your hands, and fill it into Hoggs gutts, which you muſt have ready for them; you muſt tye the ends of them like puddings, and when you eat them you muſt boyle them on a ſoft fire; a hot will crack the skins, and the goodneſſe boyle out of them.

To make Toaſts.

CUt two peny Loaves in round ſlices, and dip them in half a pint of Cream or cold water, then lay them abroad in a Diſh, and beat three Eggs and grated Nutmegs, and Sugar, beat them with

the Cream, then take your frying Pan and melt ſome butter in it, and wet one ſide of your Toaſts and lay them in on the wet ſide, then pour in the reſt upon them, and ſo fry them ; ſend them in with Roſe-water, butter and ſugar.

Spaniſh Cream.

PUt hot water in a Bucket and go with it to the Milking, then poure out the Water, and inſtantly milke into it, and preſently ſtrain it into milk-Pans of an ordinary fulneſſe, but not after an ordinary way, for you muſt ſet your Pan on the ground and ſtand on a ſtool, and pour it forth that it may riſe in bubbles with the fall ; this on the morrow will be a very tough Cream, which you muſt take off with your Skimmer, and lay it in the Diſh, laying upon laying ; and if you pleaſe ſtrew ſome ſugar between them.

To make Clouted Cream.

TAke foure quarts of milke, one of Cream, ſix ſpoonfuls of Roſe-water, put theſe together in a great earthen Milke-Pan, ſet it upon a fire of Charcoale well kindled, you muſt be

ſure

ſure the fire be not too hot ; then let it ſtand a day and a night ; and when you go to take it off, loo.e the edge of your Cream round about with a Knife, then take your board, and lay the edges that is left beſide the board, cut into many pieces, and them into the Diſh firſt, and ſcrape ſome fine Sugar upon them, then take your board and take off your Cream as clean from the Milk as you can, and lay it upon your diſh, and if your Diſh be little, there will be ſome left, the which you may put into what faſhion you pleaſe, and ſcrape good ſtore of Sugar upon it.

A good Cream.

WHEN you Churn Butter, take out ſix ſpoonfuls of Cream, juſt as it is to turne to Butter, that is, when it is a little frothy ; then boyle good Cream as much as will make a Diſh, and ſeaſon it with Sugar, and a little Roſe-water ; when it is quite cold enough, mingle it very well with that you take out of the Churn, and ſo Diſh it.

To make Piramidis Cream.

TAke a quart of water, and ſix ounces of harts horn, and put it into a Bottle with Gum-dragon, and Gum-arabick, of each as much as a ſmall Nut, put all this into the Bottle, which muſt be ſo big as will hold a pint more; for if it be full it will break; ſtop it very Cloſe with a Cork, and tye a cloth about it, put the Bottle into a pot of beef when it is boyling, and let it boyle three hours, then take as much Cream as there is jelly, and half a pound of Almonds well beaten with Roſe-water, ſo that you cannot diſcern what they be, mingle the Cream and the Almonds together, then ſtrain it, and do ſo two or three times to get all you can out of the Almonds, then put jelly when it is cold into a ſilver Baſon, and the Cream to it; ſweeten it as you like, put in two or three grains of Musk and Amber-greece, ſet it over the fire, ſtirring it continually and skiming it, till it be ſeething hot, but let it not boyle, then put it into an old faſhion drinking-Glaſſe, and let it ſtand till it is cold, and when you will uſe it, hold your Glaſſe in a warm hand, and looſen it with a Knife, and whelm it into a Diſh, and have

have in a readineſſe Pine-Apple blown, and ſtick it all over, and ſerve it in with Cream or without as you pleaſe.

To make a Sack Cream.

SEt a quart of Cream on the fire, when it is boyled, drop in a ſpoonfull of ſack and ſtir it well the while, that it curd not, ſo do till you have dropped in ſix ſpoonfuls, then ſeaſon it with ſugar, Nutmeg, and ſtrong water.

To boyle Pigeons.

STuffe the Pigeons with Parſley, and butter, and put them into an Earthen Pot, and put ſome ſweet butter to them and let them boyle ; take parſley, Tyme and Roſemary, chop them and put them to them ; take ſome ſweet butter, and put in withall ſome ſpinage, take a little groſſe pepper and Salt, and ſeaſon it withall, then take the yolk of an Egge and ſtrain it with Verjuce, and put to them, lay ſippets in the Diſh and ſerve it.

To make an Apple Tanſey.

PAre your Apples and cut them in thin round ſlices, then fry them in good ſweet Butter, then take ten Eggs, ſweet Cream, Nutmeg, Cinamon, Ginger, Sugar, with a little Roſe-water, beat all theſe together, and poure it upon your Apples and fry it.

The French-Barly-Cream.

TAke a quart of Cream, and boyle in a Porrenger of French-Barley, that hath been boyled in nine waters, put in ſome large Mace and a little Cinamon, boyling it a quarter of an hour; then take two quarts of Almonds blanched, and beat it very ſmall with Roſe-water, or Orange-water, and ſome Sugar; and the Almonds being ſtrained into the Liquor, put it over the fire, ſtirring it till it be ready to boyle; then take it off the fire, ſtirring it till it be half cold; then put to it two ſpoonfuls of Sack or White-Wine, and when it is cold, ſerve it in, remembring to put in ſome ſalt.

To make a Chicking or Pigeon Pye.

TAke your pigeons (if they be not very young) cut them into four quarters, one ſweet-bread ſliced the long way, that it may be thin, and the pieces not too big, one Sheeps tongue, little more than parboyl'd, and the skin puld off, and the tongue cut in ſlices, two or three ſlices of Veale, as much of Mutton, young chickens (if not little) quarter them, Chick-heads, Lark, or any ſuch like, Pullets, Coxcombs, Oyſters, Calves-Udder cut in pieces, good ſtore of Marrow for ſeaſoning, take as much Pepper and Salt as you think fit to ſeaſon it ſlightly; good ſtore of ſweet Marjoram, a little Time and Lemon-Pill fine ſliced; ſeaſon it well with theſe Spices as the time of the year will afford; put in either of Cheſnuts (if you put in Cheſnuts they muſt firſt be either boyl'd or roaſted) Gooſeberries or Guage, large Mace will do well in this Pye, then take a little piece of Veale parboyl'd and ſlice it very fine, as much marrow as meet ſtirred amongſt it, then take grated Bread, as much as a quarter of the meat, four yolks of Eggs or more according to the ſtuffe you make, ſhred

ſhred Dates as ſmall as may be, ſeaſon it with ſalt but not too ſalt. Nutmeg as much as will ſeaſon it, ſweet Marjoram pretty ſtore very ſmall ſhred, work it up with as much ſweet Cream as will make it up in little Puddings, ſome long, ſome round, ſo put as many of them in the Pye as you pleaſe ; put therein two or three ſpoonfuls of Gravy of Mutton, or ſo much ſtrong Mutton broth before you put it in the Oven, the bottome of boyled Artichokes, minced Marrow, over and in the bottom of the Pye after your Pye is baked ; when you put it up, have ſome five yolks of Eggs minced, and the juice of two or thee Oranges, the meat of one Lemon cut in pieces, a little White and Claret Wine ; put this in your Pye being well mingled, and ſhake it very well together.

To boyle a Capon or Hen.

TAke a young Capon or Hen, when you draw them, take out the fall of the Leafe clean away, and being well washed, fill the belly with Oysters; prepare some Mutton, the neck, but boyle it in small peices and skim it well, then put your Capon into the Pipkin, and when it is boyled, skim 't again; be sure you have no more water then will cover your meat, then put it into a pint of white-wine, some Mace, two or three Cloves and whole Pepper; a quarter of an hour before your meat be boyled enough, put into the Pipkin three Anchoves stript from the Bones and washed, and be sure you put Salt at the first to your meat; a little Parsley, Spinage, Endive, Sorrell, Rosemary, or such kind of Herbs will do well to boyle with the Broth, and being ready to Dish it, having sippets, cut then take the Oysters out of the Capon, and lay them in the Dish with the Broth, and put some juice of Lemons and Orange into it according to your taste.

To make bals of Veale.

TAke the lean of a Leg of Veal, and cut out the Sinews, mince it very ſmall, and with it ſome fat of Beef ſuet; if the Leg of Veal be of a Cow Calf, the Udder will be good inſtead of Beef ſuet; when it is very well beaten together with the mincing Knife, have ſome Cloves, Mace, and Pepper beaten, and with Salt ſeaſon your meat, putting in ſome Vinegar, then make up your meat into little Balls, and having very good ſtrong Broth made of Mutton, ſet your Balls to boyle in it; when they are boyled enough, take the yolks of five or ſix Eggs well beaten with as much Vinegar as you pleaſe to like, and ſome of the Broth mingled together, ſtir it into all your Balls and Broth, give it a waume on the fire, then Diſh up the Balls upon Sippits and poure the ſauce on it.

To make Mrs. Shellyes *Cake.*

TAke a peck of fine flower, and three pound of the beſt Butter, work your flower and butter very well together, then take

take ten Eggs, leave out ſix whites, a pint and a halfe of Ale-yeaſt: beat the Eggs and yeaſt together, and put them to the flower; take ſix pound of blanched Almonds, beat them very well, putting in ſometime Roſe-water to keep them from Oyling; adde what ſpice you pleaſe; let this be put to the reſt, with a quarter of a pint of Sack, and a little ſaffron; and when you have made all this into Paſt, cover it warme before the fire, and let it riſe for half an hour, then put in twelve pound of Currans well waſhed and dryed, two pound of Raiſins of the Sun ſtoned and cut ſmall, one pound of Sugar; the ſooner you put it into the Oven after the fruit is put in, the better.

To make Almond Jumballs.

TAke a pound of Almonds to half a pound of double refined Sugar beaten and Searced, lay your Almonds in water a day before you blanch them, and beat them ſmall with your Sugar; and when it it beat very ſmall, put in a handfull of Gum-dragon, it being before over night ſteeped in Roſe-water, and half a white of an Egge beaten to froth, and halfe a ſpoonfull of Coriander-ſeed

as many Fennel and Ani-ſeeds, mingle theſe together very well, ſet them upon a ſoft fire till it grow pretty thick, then take it off the fire, and lay it upon a clean Paper, and beat it well with a rowling pin till it work like a ſoft paſt, and ſo make them up, and lay them upon Papers oyld with Oyle of Almonds, then put them in your Oven, and ſo ſoon as they be throughly riſen, take them out before they grow hard.

To make Cracknels.

TAke half a pound of fine flower, dryed and ſearced, as much fine ſugar ſearced, mingled with a ſpoonfull of Coriander-ſeed bruiſed, half a quarter of a pound of butter rubbed in the flower and ſugar, then wet it with the yolks of two Eggs, and half a ſpoonful of white Roſe-water, a ſpoonful or little more of Cream as will wet it ; knead the Paſt till it be ſoft and limber to rowle well, then rowle it extream thin, and cut them round by little plates ; lay them up on buttered papers, and when they goe into the Oven, prick them, and waſh the Top with the yolk of an Egge beaten, and made thin with Roſe-water or faire water;

water; they will give with keeping, therefore before they are eaten, they muſt be dryed in a warm Oven to make them criſp.

To pickle Oyſters.

TAke Oyſters and waſh them clean in their own Liquor, then let them ſettle, then ſtrain it, and put your Oyſters to it with a little Mace and whole pepper, as much Salt as you pleaſe, and a little Wine-vinegar, then ſet them over the fire, and let them boyle leiſurely till they are pretty tender; be ſure to skim them ſtill as the skim riſeth; when they are enough, take them out till the Pickle be cold, then put them into any pot that will lye cloſe, they will keep beſt in Caper barrels, they will keep very well ſix weeks.

To boyle Cream with Codlings.

TAke a quart of Cream and boyle it with ſome Mace and Sugar, and take two yolks of Eggs, and beat them well with a ſpoonefull of Roſe-water and

and a grain of Amber-greece, then pu it into the Cream with a piece of swee Butter as big as a Wall-nut, and stir it to gether over the fire untill it be ready t boyle, then set it some time to coole stirring it continually till it be cold ; the take a quarter of a pound of Codling strained, and put them into a silver Di over a few coales till they be almost dry and being cold, and the Cream also, pour the Cream upon them, and let them stan on a soft fire covered an hour, then serve them in.

To make the Lady Albergaveres cheese.

TO one Cheese take a Gallon of new Milk, and a pint of good Cream, and mix them well together, then take a Skil let of hot water as much as will make i hotter then it comes from the Cow, then put in a spoonfull of Rennet, and stir i well together and cover it, and when i is come, take a wet Cloth and lay it o your Cheese-Mot, and take up the Curd and not break it ; and put it into you Mot ; and when your Mot is full, lay o the Suiker, and every two hours turn your Cheese in wet Cloathes wrung dry and lay on a little more wet, at nigh

tak

take as much ſalt as you can between your Finger and thumb, and ſalt your cheeſe on both ſides ; let them lye in Preſſes all night in a wet Cloth ; the next day lay them on a Table between a dry Cloth, the next day lay them in Graſſe, and every other day change your graſſe, they will be ready to eat in nine days : if you will have them ready ſooner, cover them with a Blanket.

To dreſſe Snailes.

TAke your Snailes (they are no way ſo as in Pottage) and waſh them well in many waters , and when you have done put them in a white Earthen pan, or a very wide Diſh, and put as much water to them as will cover them, and then ſet your Diſh or Pan on ſome coales, that it may heat by little and little, and then the Snailes will come out of the ſhells and ſo dye, and being dead, take them out, and waſh them very well in Water and ſalt twice or thrice over ; then put them in a Pipkin with Water and Salt, and let them boyle a little while in that, ſo take away the rude ſlime they have, then take them out again and put them in a Cullender ; then take excellent ſallet

Oyle

Oyle and beat it a great while upon the fire in a frying Pan, and when it boyls very fast, slice two or three Onyons in it, and let them fry well, then put the snailes in the Oyle, and Onyons, and let them stew together a little, then put the Oyle, Onyons, and Snayles altogether in an earthen Pipkin of a fit size for your Snayles, and put as much warm water to them as will serve to boyle them, and make the Pottage and season them with salt, and so let them boyle three or foure hours; then mingle Parsley, Pennyroyal, Fennel, Tyme, and such Herbs, and when they are minced put them in a Morter, and beat them as you doe for Green-sauce, and put in some crumbs of bread soaked in the Pottage of the Snayles, and then dissolve it all in the Mortar, with a little saffron and Cloves well beaten, and put in as much Pottage into the morter as will make the spice and bread and Hearbs like thickning for a Pot, so put them all into the snailes, and let them stew in it, and when you serve them up, you may squeeze into the pottage a Lemon, and put in a little Vinegar, or if you put in a Clove of Garlick among the herbs, and beat it with them in the morter; it will not tast the worse; serve them up in a

Dish

Dish with sippets of Bread in the bottom. The Pottage is very nourishing, and they use them that are apt to a Consumption.

To boyle a Rump of Beef after the French fashion.

TAke a rump of Beef, or the little end of the Brisket, and parboyle it half an houre, then take it up and put it in a deep Dish, then slash it in the side that the gravy may come out, then throw a little Pepper and Salt between every cut, then fill up the Dish with the best Claret wine, and put to it three or foure pieces of large Mace, and set it on the coales close covered, and boyle it above an houre and a half, but turn it often in the mean time; then with a spoon take off the fat and fill it with Claret wine, and slice six Onyons, and a handfull of Capers or broom buds, half a dozen of hard Letice sliced, three spoonfuls of wine-vinegar and as much verjuice, and then set it a boyling with these things in it til it be tender, and serve it up with brown Bread and Sippets fryed with butter, but be sure there be not too much fat in it when you serve it.

An

An excellent way of dreſſing Fiſh.

TAke a piece of freſh Salmon, and waſh it clean in a little Vinegar and Water, and let it lye a while in it, in a great Pipkin with a cover, and put to it ſix ſpoonfuls of Water and four of Vinegar, as much of white wine, a good deale of Salt, a bundle of ſweet Herbs, a little whole ſpice, a few Cloves, a little ſtick of Cinamon, a little Mace, take up all theſe in a Pipkin cloſe, and ſet in a Kettle of ſeething Water and there let it ſtew three hours, You may doe Carps, Eeles, Trouts *&c.* this way, alter the taſt to your mind.

To make Fritters of Sheeps-feet.

TAke your Sheeps feet, ſlit them and ſet them a ſtewing in a ſilver Diſh with a little ſtrong Broth and ſalt, with a ſtick of Cinamon, two or three Cloves, and a piece of an Orange Pill : when they are ſtewed, take them from the liquor and lay them upon a Pye-plate cooling : when they are cold, have ſome good Fritter-batter made with *Sack*, and dip them therein : then have ready to fry

fry them, some excellent clarified Butter very hot in a Pan, and fry them therein; when they are fryed wring in the juyce of three or four Oranges, and toss them once or twice in a Dish, and so serve them to the Table.

To make dry Salmon Calvert in the boyling.

TAke a Gallon of Water, put to it a quart of Wine or Vinegar, Verjuyce of sour Beer, and a few sweet herbs and Salt, and let your Liquor boyle extream fast, and hold your Salmon by the Tayle, and dip it in, and let it have a walme, and so dip it in, and out a dozen times, and that will make your Salmon Calvert, and so boyle it till it be tender.

To make Bisket Bread.

TAke a pound of Sugar searced very fine, and a pound of flower well dryed, and twelve Eggs, a handfull of Carroway-seed, six whites of Eggs, a very little Salt, beat all these together, and keep them with beating till you set them in the Oven, then put them into your Plates

Plates or Tin things, and take Butter and put into a Cloth and rub your Plate; a ſpoonfull into a plate is enough, and ſo ſet them in the Oven, and let your Oven be no hotter then to bake ſmall Pyes; if your flower be not dryed in the Oven before, they will be heavy.

To make an Almond Pudding.

TAke your Almonds when they are blanched, and beat them as many as will ſerve for your Diſh, then put to it foure or five yolks of Eggs, Roſe-water, Nutmeg, Cloves and Mace, a little Sugar, and a little ſalt and Marrow cut into it, and ſo ſet into the Oven, but your Oven muſt not be hotter then for Bisket bread: and when it is half baked, take the white of an Egge, roſe-water and fine Sugar well beaten together and very thick, and do it over with a feather, and ſet it in again, then ſtick it over with Almonds, and ſo ſend it up.

This you may boyle in a bag if you pleaſe, and put in a few crums of Bread into it, and eat it with Butter and Sugar without Marrow.

To

To make an Almond Candle.

TAke three pints of Ale, boyle it with Cloves and Mace, and ſliced bread in it, then have ready beaten a pound of Almonds blanched, and ſtrain them out with a pint of White-Wine, and thicken the Ale with it, ſweeten it if you pleaſe, and be ſure you skim the Ale well when it boyle.

To make Almond bread.

TAke Almonds and lay them in water all night, then blanch them and ſlice them, to every pound of Almonds, a pound of fine Sugar finely beaten, ſo mingle them together, then beat the whites of three Eggs to high froth, and mix it well with the Almonds and Sugar, then have ſome Plates and ſtrew ſome flower on them, and lay Wafers on them, and lay your Almonds with the edges upwards, lay them as round as you can, ſcrape a little Sugar on them, when they are ready to ſet in the Oven, which muſt not be ſo hot as to colour white Paper, and when they are a little baked, take them out, and them

from the Plates, and ſet them in again, you muſt keep them in a Stove.

To make Almond Cakes.

TAke half a pound of Almonds blanched in cold water, beat them with ſome Roſe-water till they doe not gliſter, then they will be beaten ; if you think fit, lay ſeven or eight Muſque Comfits diſſolved in Roſewater which muſt not be above ſix or ſeven ſpoonfuls for fear of ſpoyling the colour ; when they be thus beaten, put in half a pound of Sugar finely ſifted, beat them and the Almonds together till it be well mixed, then take the whites of two Eggs and two ſpoonfuls of fine flower that hath been dried in an Oven ; beat theſe well together and poure it to your Almonds, then butter your Plates and duſt your Cakes with Sugar and Flower, and when they are a little brown, draw them, and when the oven is colder ſet them in again on browne papers, and they will looke whiter.

Maſter

Master Rudſtones *Poſſet.*

TAke a Pint of Sack, a quarter of a pint of Ale, three quarters of a pound of Sugar, boyle all theſe well together, take two yolks of Eggs and ſixteen whites very well beaten, put this to your boyling Sack and ſlice it very well togethe till it be thick on the coales; then take three pints of Milk or Cream being boyled to a quart, it muſt ſtand and cool till the Eggs thicken, put it to your Sack and Eggs, and ſtir them well together, then cover it with a Plate and ſo ſerve it.

To boyle a Capon with Ranioles.

TAke a good young Capon, truſſe it and draw it to boyle, and parboyle it a little, then let it lye in fair Water being pickt very clean and white, then boyle it in ſtrong broth while it be enough, but firſt prepare your Ranioles as followeth; Take a good quantity of Beet leaves, and boyle them in Water very tender, then take them out, and get all the water very clean out of them, then take ſix ſweet-breads of Veale, and boyle and mince them white, mince them

ſmall, and then boyl Herbs alſo, and four or five Marrow bones, break them and get all the Marrow out of them, and boyle the bigger piece of them in water by it ſelf, and put the other into the minced Herbs, then take half a pound of Raiſins of the Sun ſtoned and mince them ſmall, and half a pound of Dates the skin off and mince them alſo, and a quarter of a pound of Pomecitron Minced ſmall, then take of Naples-biſket a good quantity, and put all theſe together on a Charger or a great diſh with half a pound of ſweet Butter, and work it together with your hands as you do a piece of Paſt, and ſeaſon it with a little Nutmeg, Ginger, Cinamon, and *Salt*, and Permaſan Cheese grated with hard Sugar grated alſo, then mingle all together well, and make a Paſt with the fineſt flower, ſix yelks of Eggs, a little Saffron beaten ſmall, half a pound of ſweet Butter, a little Salt, with ſome fair water hot (not boyling) and make up your Paſt, then drive out a long ſheet of Paſt with an even Rowling Pin as thin as poſſible you can, and lay your ingredients in ſmall heaps, round or long which you pleaſe in the Paſt, then cover them with the Paſt and cut them with a jag aſunder, and ſo make more or more till you have

have made two hundred or more, then have a good broad Pan or Kettle half full of ſtrong Broth, boyling leiſurely, and put in your Ranſoles one by one, and let them boile a quarter of an hour, then take up your Capon, lay it in a great Diſh, and put on the Ranſoles, and ſtrew on them grated Cheeſe, Naples-Bisket grated, Cinamon and Sugar, then more and more Cinamon and Cheeſe, while you have filled your Diſh; then put ſoftly on melted Butter with a little ſtrong Broth, your marrow Pomecitron, Lemons ſliced and ſerve it up, and ſo put it into the Diſh, ſo Ranſoles may be part fried with ſweet but Clarified butter, either a quarter of them or half as you pleaſe; if the butter be not Clarified, it will ſpoile your Ranſoles.

To make a Biſque of Carps.

TAke twelve ſmall Carps, and one great one, all Male Carps, draw them and take out all the Melts, flea the twelve ſmall Carps, cut off their Heads and take out their Tongues and take the fiſh from the bones of the flead Carps, and twelve Oyſters, two or three yelks of Hard eggs, maſh altogether, ſeaſon it with Cloves, Mace, and Salt, and make thereof a ſtiffe ſearce:

add thereto the yolks of foure or five Eggs to bind it, faſhion that firſt into bals or Lo;ings as you pleaſe, lay them into a deep Diſh or Earthen Pan, and put thereto twenty or thirty great Oyſters, two or three Anchoves, the Milts and Tongues of your twelve Carps, half a pound of freſh butter, the Liquor of your Oyſters, the juyce of a Lemon or two; a little White-wine, ſome of Corbilion wherein your great Carpe is boyled, and a whole Onyon, ſo ſet them a ſtewing on a ſoft fire and make a hoop therewith; for the great Carp you muſt ſcald him and draw him, and lay him for half an hour with the other Carps Heads in a deep Pan with ſo much White wine Vinegar as will cover and ſerve to boyle him and the other Heads in; put therein Pepper, whole Mace, a race of Ginger, Nutmeg, Salt, ſweet Herbs, an Onyon or two ſliced, a Lemon; when you boyle your Carps, poure your Liquor with the Spice into the Kettle wherein you will boyle him; when it is boyled put in your Carp, let it not boyle too faſt for breaking; after the Carp hath boyled a while, put in the Head when it is enough, take off the Kettle, and let the Carps and the Heads keep warme in the Liquor till you

go to diſh them. When you dreſſe your Bisque, take a large Silver diſh, ſet it on the fire, lay therein Sippets of bread, then put in a Ladle-ful of your Corbilion, then take up your great Carp and lay him in the midſt of the Diſh, then range the twelve heads about the Carp, then lay the ſearce of the Carp, lay that in, then your Oyſters, Milts, and Tongues, then poure on the Liquor wherein the ſearce was boyled, wring in the juyce of a Lemon and two oranges; Garniſh your Diſh with pickled Barberries, Lemons and Oranges, and ſerve it very hot to the Table.

To boyle a Pike and Eele together.

TAke a quart of White-Wine and a pint and a half of White-Wine-Vinegar, two quarts of Water, and almoſt a pint of Salt, a handfull of Roſe-mary and Tyme; the Liquor muſt boyle before you put in your Fiſh and Herbs; the Eele with the skins muſt be put in a quarter of an hour before the Pike, with a little large Mace, and twenty cornes of Pepper.

To make an Outlandish Dish.

TAke the liver of a Hogg, and cut it in small pieces about the bigneſſe of a ſpan, then take Anni-ſeed, or French-ſeed, Pepper and Salt, and ſeaſon them therwithall, and lay every piece ſeverally round in the caule of the Hogg, and ſo roaſt them on a Bird-Spit.

To make a Portugall Dish.

TAke the Guts, Gizards and Liver of two fat Capons, cut away the Galles from the Liver, and make clean the Gizards and put them into a Diſh of cleane water, ſlit the Gut as you do a Calves Chaldron, but take off none of the fat, then lay the guts about an hour in White-Wine, as the Guts ſoke, half boyle Gizards and Livers, then take a long wooden broach, and ſpit your Gizards and Liver thereon, but not cloſe one to another, then take and wipe the Guts ſomewhat dry in a Cloth, and ſeaſon them with Salt and beaten Pepper, Cloves and Mace, then wind the guts upon the wooden Broach about the Liver, and gizards, then tye the wooden Broach

to

to ſpin, and lay them to the fire to roaſt, and roaſt them very brown, and baſt them not at all till they be enough, then take the Gravy of mutton, the juyce of two or three Oranges, and a grain of Saffron, mix all well together, and with a ſpoon baſt your roaſt, let it drop into the ſame Diſh. Then draw it, and ſerve it to the Table with the ſame ſauce.

To dreſſe a diſh of Hartichoaks.

TAke and boile them in a Beef-Pot, when they are tender ſodden, take off the tops leaving the bottoms with ſome round about them, then put them into a Diſh, put ſome fair water to them, two or three ſpoonfuls of Sack, a ſpoonfull of Sugar, and ſo let them boyl upon the Coales, ſtill pouring on the Liquor to give it a good taſt, when they have boyled half an hour take the Liquor from them, and make ready ſome Cream boyled and thickned with the yolk of an Egge or two, whole Mace, Salt, and Sugar with ſome lumps of marrow, boyle it in the Cream, when it is boyled put a good piece of ſweet butter into it, and toaſt ſome toaſts, and lay them under your Hartichoaks, and poure your Cream, and butter on them, Garniſh it, &c.

To dreſſe a Fillet of Veale the Italian way.

TAke a young tender Fillet of Veale, pick away all the skins in the fold of the fleſh, after you have picked it out clean ſo that no skins are left, nor any hard thing; put to it ſome good White-Wine (that is not too ſweet) in a bowl and waſh it, and cruſh it well in the Wine; doe ſo twice, then ſtrew upon it a powder that is call'd *Tamara* in *Italy*, and ſo much Salt as will ſeaſon it well, mingle the Powder well upon the Patts of your meat, then poure to it ſo much White-Wine as will cover it when it is thruſt down into a narrow Pan; lay a Trencher on it and a weight to keep it down, let it lye two nights and one day, put a little Pepper to it when you lay it in the Sauce, and after it is ſowced ſo long, take it out and put it into a Pipkin with ſome good Beef-broth, but you muſt not take any of the Pickle to it, but only Beef-broth that is ſweet and not ſalt; cover it cloſe and ſet it on the Embers, only put into it with the Broth a few whole Cloves and Mace, and let it ſtew till it be enough. It will be very tender and of an excellent Taſte; it

muſt

must be ſerved with the ſame broth as much as will cover it.

To make the Italian, take Coriander ſeed two Ounces, Aniſeed one ounce, Fennel-ſeed one ounce, Cloves two ounces, Cinamon one ounce ; Theſe muſt be beaten into a groſſe powder, putting into it a little powder of Winter ſavory ; if you like it, keep this in a Vial-glaſſe cloſe ſtopt for your uſe.

To dreſſe Soales.

TAke a Pair of Soales, lard them through with watered freſh Salmon, then lay your Soales on a Table, or Pie-plate, cut your Salmon, lard all of an equal length on each ſide, and leave the Lard but ſhort, then flower the ſoales, and fry them in the beſt Ale you can get ; when they are fryed lay them on a warme Pie-plate, and ſo ſerve them to the Table with a ſallet diſh full of Anchovy ſauce, and three or foure Oranges.

To make furmity.

TAke a quart of Cream, a quarter of a pound of French-barley the whiteſt you can get, and boyle it very tender in three

three or four ſeverall waters, and let it be cold, then put both together, put in it a blade of mace, a Nutmeg cut in quarters, a race of ginger cut in three or five pieces, and ſo let it boil a good while, ſtill ſtirring, and ſeaſon it with ſugar to your taſte, then take the yolkes of four Egges and beate them with a little Cream, and ſtir them into it, and ſo let it boil a little after the Eggs are in, then have readie blanched and beaten twentie Almonds kept from oyling, with a little Roſe-water, then take a boulter, ſtrainer, and rub your Almonds with a little of your Furmity through the ſtrainer, but ſet on the fire no more, and ſtir in a little Salt and a little ſliced Nutmeg, pickt out of the great pieces of it, and put it in a diſh, and ſerve it.

To make Patis, or Cabbage Cream.

TAke thirty Ale Pints of new milke, and ſet it on the fire in a Kettle till it be ſcalding hot, ſtirring it oft to keep it from creaming, then put it forth, into thirty Pans of Earth, as you put it forth, take off the bubbles with a ſpoon, let it ſtand till it be cold, then take off the Cream with two ſuch ſlices as you beat Bisket bread with, but they muſt be very thin and not too broad

broad, then when the Milk is dropped off the Cream, you must lay it upon a Pye-plate, you must scoure the Kettle very clean and heat the milk again, and so four or five times. In the Lay of it first lay a stalk in the midst of the Plate, let the rest of the Cream, be laid upon that sloping, between every laying you must scrape Sugar and sprinkle Rose-V Vater, and if you will, the powder of Musk, and amber-greece, in the heating of the milk be carefull of smoak.

To make Pap.

TAke three quarts of new milk, set it on the fire in a dry silver Dish, or Bason; when it begins to boyle skim it, then put thereto a handfull of flour and yolks of three Eggs, which you must have well mingled together with a Ladle-full of cold milk, before you put it to the milk that boyles, and as it boyles, stir it all the while till it be enough, and in the boyling, season it with a little Salt, and a little fine beaten Sugar, and so keeping it stirred till it be boyled as thick as you desire, then put it forth into another Dish and serve it up.

To

To make Spaniſh Pap.

TAke three ſpoonfulls of Rice-ſloure, finely beaten and ſearced, two yolks of Eggs, three ſpoonfuls of Sugar, three or four ſpoonfuls of Roſe-water. Temper theſe foure together, then put them to a pint of Cream, then ſet it on the fire and keep it ſtirred till it come to a reaſonable thickneſſe, then Diſh it and ſerve it up.

To poach Eggs.

TAke a dozen of new laid Eggs and fleſh of foure or five Partridges, or other; mince it ſo ſmall as you can ſeaſon it with a few beaten Cloves, Mace, and Nutmeg, into a Silver Diſh, with a Ladlefull or two of the gravy of Mutton, wherein two or three Anchoves are diſſolved; then ſet it a ſtewing on a fire of Char-Coales, and after it is half ſtewed, as it boyles, break in your Eggs one by one, and as you break them, poure away moſt part of the Whites, and with one end of your Egg-ſhell, make a place in your diſh of meat, and therein put your yolks of your Eggs, round in order amongſt

amongſt your meat, and ſo let them ſtew till your Eggs be enough, then grate in a little Nutmeg and the juyce of a couple of Oranges ; have a care none of the Seeds goe in, wipe your Diſh and garniſh your diſh, with four or five whole Onions, &c.

A Pottage of Beef Pallats.

TAke Beef Pallates after they be boyled tender in the Beef Kettle or Pot among ſome other meat, blanch and ſerve them clean, then cut each Pallat in two, and ſet them a ſtewing between two Diſhes with a piece of leer Bacon, an handfull of Champignions, five or ſix ſweetbreads of Veale, a Ladle-full or two of ſtrong broth, and as much gravy of Mutton, an Onyon or two, five or ſix Cloves, and a blade or two of Mace, and a piece of Orange Pils ; as your Pallats ſtew, make ready your Diſh with the bottoms and tops of two or three Cheat Loaves dryed and moyſtned with ſome Gravy of Mutton, and the broth your Palats ſtew in, you muſt have the Marow of two or three beef-bones ſtewed in a little broth between two Diſhes, in great pieces ; when your Pallats and Marrow is ſtewed, and you ready

to

to Diſh it, take out all the Spices, Onyon and Bacon, and lay it in your Plates, ſweet-bread, and Champigneons, pour in the Broath they were ſtewd in and lay on your pieces of marrow, wring the juyce of two or three Oranges; and ſo ſerve it to the Table very hot.

The Jacobins Pottage.

TAke the fleſh of a waſhed Capon or Turkey cold, mince it ſo ſmall as you can, then grate or ſcrape among the fleſh two or three ounces of Parmaſants or old Holland Cheeſe, ſeaſon it with beaten cloves, Nutmeg, mace, and Salt; then take the bottoms and top of foure, or five new Rowles, dry them before the fire, or in an Oven, then put them into a faire ſilver Diſh, ſet it upon the fire, wet your bread in a Ladle-full of ſtrong Broth, and a Ladlefull of gravy of mutton, then ſtrow on your minced meat all of an equall thickneſſe in each place, then ſtick twelve or eighteen pieces of marrow as bigge as Walnuts, and pour on an handfull of pure Gravie of mutton, then cover your Diſh cloſe, and as it ſtews adde now and then ſome gravie of

mutton

mutton thereto, thruſt your Knife ſometimes to the bottome, to keep the bread from ſticking to the Diſh, let it ſo ſtew ſtill, till you are ready to diſh it away, and when you ſerve it, if need require, and more gravy of mutton, wring the juyce of two or three Oranges, wipe your Diſhes brims, and ſerve it to the Table in the ſame Diſh.

To Salt a Gooſe.

TAke a fat gooſe and bone him, but leave the breaſt bone, wipe him with a clean cloath, then ſalt him one fortnight, then hang him up for one fortnight or three weeks, then boyle him in running water very tender, and ſerve him with Bay-leaves.

A way of ſtewing Chickens or Rabbets.

TAke two three or four Chickens, and let them be about the bigneſſe of a Partridge, boyle them till they be half boiled enough, then take them off and cut them into little pieces, putting the joynt bone one from another, and let not the meat be minced, but cut into great bits, not ſo exactly but more or leſſe, the breaſt bones are not ſo proper to be put in, but put the meat together with the other bones

upon

(upon which there muſt alſo be ſome meat remaining) into a good quantity of that water or Broth wherein the Chickens were boyled, and ſet it then over a Chaffing-Diſh of coales between two Diſhes, that ſo it may ſtew on till it be fully enough; but firſt ſeaſon it with Salt and groſſe Pepper, and afterwards add Oyle to it, more or leſſe according to the goodneſſe thereof; and a little before you take it from the fire, you muſt adde ſuch a quantity of juyce of Lemons as may beſt agree with your Taſte. This makes an excellent diſh of meat which muſt be ſerved up in the Liquor; and though for a need it may be made with butter inſtead of Oyle, and with Vinegar in ſtead of Juyce of Lemons, yet is the other incomparably better for ſuch as are not Enemies to Oyle. The ſame Diſh may be made alſo of Veale, or Partridge, or Rabbets, and indeed the beſt of them all, is Rabbets, if they be uſed ſo before Michaelmas, for afterwards methinkes they grow ranke; for though they be fatter, yet the fleſh is more hard and dry.

A

A Pottage of Capons.

TAke a couple of young Capons, Truſſe and ſet them and fill their bellies with Marrow, put them into a Pipkin with a Knuckle of Veale, a Neck of Mutton, and a Marrow-bone, and ſome ſweet-bread of Veale; ſeaſon your Broth with Cloves, Mace, and a little Salt, ſet it to the fire, and let it boyle gently till your Capons be enough, but boyle them not too much; as your Capons boyle, make ready the Bottomes and Tops of eight or ten new rowles, and put them dryed into a faire Silver Diſh wherein you ſerve the Capons; ſet it on the fire, and put to your bread, two Ladlefuls of Broth wherein your Capons are boyled and a Ladleful of the Gravy of Mutton; ſo cover your diſh, and let it ſtand till you Diſh up your Capons if need require, adde now and then a Ladleful of Broth and Gravy, leſt the bread grow dry; when you are ready to ſerve it, firſt lay in the Marrow bone, then the Capons on each ſide, then fill up your Diſh with the Gravy of Mutton, wherein you muſt wring the juyce of a Lemon or two, then with a ſpoon take off all the fat that

that ſwimmeth on the pottage, then gar-niſh your Capon with the ſweet-Breads and ſome Lemons, and ſo ſerve it.

To dreſſe Soales another way.

TAke Soales, fry them half enough, then take Wine ſeaſon'd with Salt, grated ginger, and a little garlick, let the Wine, and ſeaſoning boyle in a Diſh, when that boyles and your Soales are half fri'd, take the Soales and put them into the VVine, when they are ſufficiently ſtewed, upon their backs, lay the two halfs open on the one ſide and on the other, then lay An-choves finely waſhed along, and on the ſides over again, let them ſtew till they be ready to be eaten, then take them out, lay them on the Diſh, pour ſome of the clear Liquor which they ſtew in upon them, and ſqueeze an Orange in.

A

A Carpe Pye.

TAke Carps, scald them, take out the great bones, pound the Carps in a stone Mortar, pound some of the bloud with the flesh which must be at the discretion of the Cook because it must not be too soft, then lard it with the belly of a very fat Eale, season it, and bake it like red Deere and eate it cold.

This is meat for a Pope.

To boyle Ducks after the French fashion.

TAke and lard them and put them upon a spit, and half roast them, then draw them and put them into a Pipkin, and put a quart of Claret-Wine into it, and Chesnuts, and a pint of great Oysters, taking the beards from them, and three Onyons minced very small, some Mace and a little beaten Ginger, a little Tyme stript, a Crust of a French Rowle grated, put into it to thicken it, and so dish it upon sops. This may be diversified, if there be strong broth there need not be so much Wine put in, and if there be no Oysters or Chesnuts you may put in Hartichoak bottoms, Turnips, Collisflowers, Bacon in thin slices, Sweet-breads, &c.

To

To boyle a Gooſe with Sauſages.

TAke your Gooſe and ſalt it two or three dayes, then truſſe it to boyle cut Lard as big as the top of your finger, as much as will Lard the fleſh of the breaſt, ſeaſon your Lard with Pepper, Mace, and Salt; put it a boyling in Beefe broth if you have any, or water, ſeaſon your Liquor with a little Salt, and Pepper groſly beaten an ounce or two, a bundle of Bayleaves, Roſemary and Time, tyed altogether; you muſt have prepared your Cabbage or ſauſages boyl'd very tender, ſqueeſe all the water from them, then put them into a Pipkin, put to them a little ſtrong broth or Claret Wine, an Onyon or two; ſeaſon it with Pepper, Salt and Mace to your taſte; ſix Anchoves diſſolved, put altogether, and let them ſtew a good while on the fire; put a Ladle of thicke Butter, a little Vinegar, when your Gooſe is boyled enough, and your Cabbage on Sippets of bread and the Gooſe on the top of your Cabbage, and ſome on the Cabbage on top of your Gooſe, ſerve it up.

To fry Chickens.

TAke five or six and scald them, and cut them in pieces, then flea the skin from them, fry them in Butter very brown, then take them out, and put them between two Dishes with the Gravy of Mutton, Butter and an Onyon, six Anchoves, Nutmeg, and salt to your taste, then put sops on your Dish, put fryed Parsley on the top of your Chicken being Dished, and so serve them.

To make a Battalia Pye.

TAke foure tame Pigeons and Trusse them to bake; and take foure Oxe-Pallates well boyled and blanched, and cut it in little pieces; take six Lamb stones, and as many good sweet-breads of Veale cut in halfs and parboyl'd and twenty Cockscombs boyl'd and blanched, and the bottoms of four Hartichoaks, and a Pint of Oysters parboyled and bearded, and the Marrow of three bones, so season all with Mace, Nutmeg and Salt: so put your meat into a Coffin of fine Paste proportionable to your quantity of meat: put halfe a pound of Butter upon your meat,

meat, put a little water in the Pye, before it be ſet in the Oven, let it ſtand in the Oven an houre and a halfe, then take it out, pour out the butter at the top of the Pye, and put it into leer of Gravy, butter, and Lemons, and ſerve it up.

To make a Chicken Pye.

TAke four or five chickens, cut them in pieces, take two or three Sweet-breads parboyl'd and cut the pieces as big as Walnuts; take the Udder of Veal cut in thin ſlices, or little ſlices of Bacon, the bottom of Hartichoaks boil'd, then make your coffin proportionable to your meat, ſeaſon your meat with Nutmeg, Mace and Salt, then ſome butter on the top of the Pye, put a little water into it as you put it into the Oven, and let it bake an hour, then put in a leer of butter, Gravy of Mutton, eight Lemons ſliced; ſo ſerve it.

To make a Pye of a Calves head.

TAke a Calves head, clean it and waſh it very well; put it a boiling till it be three quarters boiled, then cut off the fleſh from

from the bones, and cut it in pieces as big as Walnuts. Blaunch the Tongue and cut it in slices, take a quart of Oysters parboil'd and bearded, take the yolkes of twelve Eggs, put some thin slices of Bacon among the meat, and on the top of the meat, when it is in the Pie, cut an Onion small, and put it in the bottome of your Pie, season it with Pepper, Nutmeg, Mace, and Salt, make your Coffin to your meat, what fashion you please. Let it bake an houre and an half, put butter on the bottom and on the top of your Pie before you close it, put a little water in before you put it into the Oven, when you draw it out take off the Lid, and put away all the fat on the top and put in a leer of thick butter, Gravie of Mutton, a Lemon pared and sliced, with two or three Anchoves dissolved. So stew these together, and cut your Lid in handsome pieces, and lay it round the Pie, so serve it.

To make Cream with Snow.

TAke three Pintes of Creame, and the whites of seaven or eight Egges, and straine them together, and a little Rose-water, and as much Sugar as will sweet-

ten it, then take a ſticke as big as a childs Arme, cleave one end of it a croſſe, and widen your pieces with your finger, beat your Cream with this ſticke, or elſe with a bundle of Reeds tyed together, and rowl between your hand ſtanding upright in your Creame, now as the Snow ariſeth take it up with a ſpoon in a Cullender that the thin may run out, and when you have ſufficient of this Snow, take the Cream that is left, and ſeeth it in the Skeller, and put thereto whole Cloves, ſtickes of Cinnamon, a little Ginger bruiſed, and ſeeth it till it be thick, then ſtrain it, and when it is cold put it into your Diſh, and lay your Snow upon it.

To make minced Pies.

TAke a large Neats tongue, ſhread it very well, three pound and a half of Suet very well ſhread, Currans three pound, halfe an ounce of beaten Cloves and Mace, ſeaſon it with Salt when you think't fit, halfe a preſerved Orange, or inſtead of it Orange Pils, a quarter of a pound of Sugar, a little Lemon Pill ſliced very thin, put all theſe together very well, put to it two Spoonfuls of Ver-

juyce

juyce, and a quarter of a Pint of Sack, *&c.*

To dry Neats Tongues.

TAKE Bay ſalt beaten very fine, and Salt-Peeter of each a like, and rub your Tongues very well with that, and cover all over with it, and as it waſts put on more, and when they are very hard and ſtiffe they are enough, then rowle them in Bran, and dry them before a ſoft fire, and before you boyle them, let them lie one night in Pumpe Water, and boyle them in the ſame ſort of water.

To make Jelly of Harts Horn.

TAke ſix ounces of Hart-Horn, three ounces of Ivory both finely carped, boyle it in two quarts of water in a Pipkin cloſe covered, and when it is three parts waſted, you may try it with a Spoon if it will be jelly, you may know by the ſticking to your Lips, then ſtraine it through a jelly bag; ſeaſon it with Roſe-water, juyce of Lemons and double refined Sugar, each according to your Taſte, then boyle altogether two or three

walmes, ſo put in the glaſſe and keep for your uſe.

To make Chickens fat in four or five dayes.

TAke a pint of French wheat, and a pint of wheat flower, halfe a pound of Sugar, make it up into a ſtiffe Paſte, and rowle it into little rowles, wet them in warme milk, and ſo cram them, and they will be fat in four or five dayes, if you pleaſe you may ſow them up behind one or two of the laſt dayes.

To make Angelot.

TAke a gallon of Stroakings, and a pint of Creame as it comes from the Cow, and put it together with a little Rennet; when you fill turne up the midſt ſide of the Cheeſe-fat, fill them a little at once, and let it ſtand all that day and the next, then turn them, and let them ſtand till they will ſlip out of the Fat, ſalt them on both ſides, and when the Coates begin to come on them, neither wipe nor ſcrape them, for the thicker the Coat is the better.

A Persian Dish.

TAke the fleshy part of a Leg of Mutton stript from the fat and sinewes, beate that well in a Mortar with Pepper and Salt, and a little Onyon or Garlick water by it self, or with herbs, according to your taste, then make it up in flat Cakes, and let them be kept twelve houres between two dishes before you use them, then fry them with butter in a Frying-pan, and serve them with the same butter, and you will find it a dish of savoury meat.

To roast a Shoulder of Mutton in bloud.

WHen your sheepe is killed save the bloud, and spread the Caule all open upon a table that is wet, that it may not stick to it; as soone as you have flead your sheepe, cut off a Shoulder, and having Tyme picked, shred and cut small into some of your bloud, stop your Shoulder with it, in-side and out-side, and into every hole with a Spoone put some of the Bloud;

after you have put in the Tyme, then lay your Shoulder of Mutton upon the caule and wrap that about it, then lay it into a Tray, and pour all the reſt of the blood upon it; ſo let it lie all night, if it be in Winter, you may let it lie twenty foure hours, then roaſt it.

To roaſt a Leg of Mutton to be eaten cold.

FIrſt take ſo much lard as you thinke ſufficient to Lard your Leg of Mutton withall, cut your Lard in groſſe long Lardors; ſeaſon the Lard, very deep with beaten Cloves, Pepper, Nutmeg, and Mace, and bay ſalt beaten fine and dryed, then take Parſley, Tyme, Marjoram, Onyon, and the out-rine of an Orange, ſhred all theſe very ſmall, and mix them with the Lard, then Lard your Legge of Mutton therewith, if any of the Herbs and Spice remain, put them on the Legge of Mutton, then take a ſilver Diſh, lay two ſtickes croſſe the Diſh to keep the Mutton from ſopping in the Gravy and fat that goes from it, lay the Legge of Mutton upon the ſtickes, and ſet it into an hot Oven there let it roaſt, turn it once but baſte it not at all, when it is enough and very

very tender, take it forth but ſerve it not till it be throughly cold ; when you ſerve it, put in a ſaucer or two of Muſtard, and Sugar and two or three Lemons whole in the ſame diſh.

To roaſt Oyſters.

TAke the greateſt Oyſters you can get, and as you open them, put them into a Diſh with their own liquor, then take them out of the Diſh, and put them into another, and poure the Liquor to them, but be ſure no gravell get amongſt them ; then ſet them covered on the fire, and ſcald them a little in their own Liquor, and when they are cold, draw eight or ten Lards through each Oyſter ; ſeaſon your Lard firſt with Cloves, Nutmeg beaten very ſmall, Pepper ; then take two woodden Lard Spits, and ſpit your Oyſters thereon, then tye them to another ſpit, and roaſt them. In the roaſting baſt them with Anchovy ſauce, made with ſome of the Oyſter Liquor, and let them drip into the ſame diſh where the Anchovy ſauce is ; when they be enough, bread them with the cruſt of a roul grated on them, and when they be brown, draw them off, then take the ſauce wherewith you baſted

your Oyſters, and blow off the fat, then put the ſame to the Oyſters, wring in it the juyce of a Lemon, ſo ſerve it.

To make a Sack-Poſſet.

TAke a quart of Creame and boyle it very well with Sugar, Mace and Nutmeg, take half a pint of Sack, and as much Ale, and boyle them well together with ſome Sugar, then put your Creame into your Baſon to your Sacke, then heat a Pewter diſh very hot, and cover your Baſon with it, and ſet it by the fires ſide, and let it ſtand there two or three houres before you eat it.

Another Sack-Poſſet.

TAke eight Egges, yolke and whites, and beate them well together, ſtraine them into a quart of Creame, ſeaſon them with Nutmeg and Sugar, put to them a pint of Sacke, ſtir them all together, and put them into your Baſon, and ſet them in the Oven no hotter than for a Cuſtard, let it ſtand two houres.

To make a Sack-Posset without Milk or Cream.

TAke eighteen Egges, whites and all, taking out the Treads, let them be beaten very well, take a pint of Sacke and a quart of Ale boyled, and scum it, then put in three quarters of a pound of Sugar and a little Nutmeg, let it boyle a little together, then take it off the fire stirring the eggs still, put into them two or three Ladle-fuls of drink, then mingle all together and set it on the fire, and keep it stirring till you find it thick, then serve it up.

To make a Stump Pye.

TAke a Legge of Mutton, one pound and an halfe of the best Suet, mince both small together, then season it with a quarter of a pound of Sugar, and a small quantity of salt, and a little cloves and mace,

then take a good handful of Parſley, half as much Tyme, and mince them very ſmall and mingle them with the reſt; then take ſix new laid Eggs and break them into the meat and work it well together, and put it into the paſt; then upon the Top put raiſins, Currans and dates a good quantity, cover and bake it, when it is baked, and when it is very hot, put into it a quarter of a pint of White-Wine Vinegar, and ſtrow Sugar upon it, and ſo ſerve it.

To make Mrs. Leeds *Cheeſe Cakes.*

TAke ſix quarts of milk and renn it pretty cold, and when it is tender come, crayn from it your Whey in a ſtrainer, then hang it up till all the Whey be dropt from it, then preſſe it, change it into dry cloathes till it wet the cloth no longer, then beat it in a ſtone Mortar till it be like Butter, then ſtraine it through a thin ſtrayner, mingle it with a pound and a halfe of butter with your hands, take one pound of Almonds, and beat them with Roſe-water till they are like your Curd, then mingle them with the yolkes of twenty Eggs, and a quart of Cream, two great Nutmegs, one pound and a halfe of Sugar: when

when your Coffins are ready and going to ſet in the Oven, then mingle them together: let your Oven be made hot enough for a Pigeon Pye, and let a ſtone ſtand up till the ſcortching be paſt, then ſet them in, half an hour will bake them well, your Coffins muſt be made with Milk and Butter as ſtiffe as for other Paſte, then you muſt ſet them into a pretty hot Oven, and fill them full of Bran, and when they are hardned, take them out, and with a Wing, bruſh out the Bran, they muſt be pricked.

To make Tarts called Taffaty Tarts.

FIrſt wet your Paſte with Butter and cold Water, and rowle it very thin, alſo then lay them in layes, and between every lay of Apples ſtrew ſome Sugar, and ſome Lemon Pill cut very ſmall, if you pleaſe put ſome Fennell-ſeed to them: then put them into a ſtoak hot Oven, and let them ſtand an houre in or more, then take them out, and take Roſe-water and Butter beaten together, and waſh them over with the ſame, and ſtrew fine Sugar upon them; then put them into the Oven again, let them ſtand a little while and take them out.

To

To make freſh Cheeſe.

TAke three pints of raw Creame, and ſweeten it well with Sugar, and ſet it over the fire, let it boyle a while, then put in ſome Damask Roſe-water, keep it ſtill ſtirring leſt it burn too, and when you ſee it thickned and turned, take it from the fire, and waſh the ſtrainer and Cheeſefat with Roſe-water, then rowle it too and fro in the ſtrainer to draine the Whey from the Curd, then take up the Curd with a ſpoon and put them into the Fat, let it ſtand till it be cold, then put it into the Cheeſe-diſh with ſome of the whey, and ſo ſerve it up.

To make Sugar Cakes or Jumbals.

TAke two pound of Flower, dry it and ſeaſon it very fine, then take a pound of Loafe-ſugar, and beate it very fine, and ſearce it, mingle your Flower and Sugar very well, then take a pound and an half of ſweet Butter, and waſh out the Salt,

Salt, and breake it into bits with your Flower and Sugar, then take yolkes of foure new-laid Egges, and foure or five ſpoonfuls of Sacke, and foure ſpoonfuls of Creame; beate all theſe together, then put them into your Flower, and knead them to a Paſte, and make them into what faſhion you pleaſe, and lay them upon paper or plates, and put them into the Oven, and be careful of them, for a very little thing bakes them.

For Fumbals you muſt onely adde the whites of two or three Egges.

To haſh a Shoulder of Mutton.

TAke a Shoulder of Mutton and ſlice it very thin, till you have almoſt nothing but the Bone, then put to the meate ſome Claret wine, a great Onyon, ſome Gravie of Mutton, ſix Anchoves, an handful of Capers, the tops of a little Tyme, mince them very well together, then take nine or tenne Egges, the juyce of one or two Lemons to make

to make it tart, and make leere of them, then put the meat all in a Frying-Pan over the fire till it be very hot ; then put in the leere of Eggs and ſoak altogether over the fire till it be very thick; then boyle your bone, and put it on the top of your meat being Diſhed, Garniſh your Diſh with Lemons, ſerve it up.

To dreſſe Flounders or Playce with Garlick and Muſtard.

TAke Flounders very new, and cut all the Fins and Tailes, then take out the Guts and wipe them very clean, they muſt not be at all waſht, then with your Knife ſcotch them on both ſides very groſely; then take the Tops of Tyme and cut them very ſmall, and take a little Salt, Mace, and Nutmeg, and mingle the Tyme and them together, and ſeaſon the Flounders ; then lay them on the Grid-iron and baſt them with Oyle or Butter, let not the fire be too hot, when that ſide next the fire is brown, turn it, and when you turn it, baſt it on both ſides till you have broyl'd them brown, when they are enough make your ſauce with Muſtard two or three Spoonfull according

ding to discretion, six Anchoves dissolved very well, about half a pound of butter drawn up with garlick, vinegar, or bruised garlick in other vinegar, rub the bottome of your Dish with garlick. So put your sauce to them, and serve them, you may fry them if you please.

A Turkish Dish.

TAke fat Beefe or Mutton cut in thin slices, wash it well, put it into a Pot that hath a close cover, then put into it a good quantity of clean pick'd rice, skim it very well; then put into it a quantity of whole Pepper, two or three whole Onyons; let all this boyle very well, then take out the Onyon and dish it in Sippets, the thicker it is the better.

To dresse a Pike.

CUt him in pieces, and strew upon him salt and scalding vinegar, boyle him in water and White-Wine, when he is boyling put in sweet Herbs, Onyon, Garlick, Ginger, Nutmeg, and salt; when he is boyled take him out of the Liquor, and let him drayn, in the mean time beat

Butter

Butter and Anchoves together, and poure it on the fiſh, ſqueezing a little Orange and Lemon upon it.

To dreſſe Oyſters.

TAke Oyſters and open them, and ſave the Liquor, and when you have opened ſo many as you pleaſe, adde to this Liquor ſome White-wine, wherein you muſt waſh your Oyſters one by one very cleane, and lay them in another diſh; then ſtraine to them that mixed wine and Liquor wherein they were waſhed, adding a little more wine to them with an Onyon divided with ſome Salt and Pepper, ſo done, cover the diſh and ſtew them till they be more than halfe done; then take them and the Liquor, and poure it into a Frying-pan, wherein they muſt fry a pretty while, then put into them a good piece of ſweet Butter, and fry them therein ſo much longer; in the mean time you muſt have beaten the yolkes of ſome Egges, as four or five to a quart of Oyſters; theſe Egges muſt be beaten with ſome Vinegar, wherein you muſt put ſome minced Parſley, and Nutmeg finely ſcraped, and put therein the Oyſters in the Pan, which muſt

fill

ſtill be kept ſtirring, leſt the Liquor make the Egges curddle, let this all have a good walme on the fire, and ſerve it up.

To dreſſe Flounders.

FLea off the black skin, and ſcowre the Fiſh over on that ſide with a Knife, lay them in a diſh, and poure on them ſome Vinegar, and ſtrew good ſtore of Salt, let them lie for half an hour; in the meane time ſet on the fire ſome water with a little White-wine, Garlick and ſweet herbes, as you pleaſe, putting into it the Vinegar and Salt wherein they lay, when it boyles put in the biggeſt fiſh, then the next till all be in; when they are boyled take them out, and drain them very well, then draw ſome ſweet Butter thick, and mixe with it ſome Anchoves ſhred ſmall, which being diſſolved in the Butter, poure it on the fiſh, ſtrewing a little ſliced Nutmeg, and minced Oranges and Barberries.

To

To dreſſe Snayles.

TAke Snayles and put them in a Kettle of water, and let them boyle a little, then take them out, and ſhake them out of the ſhels into a Baſon; then take ſome Salt and ſcoure them very well, and waſh them in warm water, untill you find the ſlime cleane gone from them; then put them into a Cullender and let them drain well, then mince ſome ſweet hearbs, and put them into a Diſh with a little Pepper and Sallet-Oyle together, then let them ſtand an hour or two; then waſh the ſhels very well and dry them, and put into every ſhell a Snail, and fill up the ſhell with Sallet-Oyle and herbs, then ſet them on a gridiron upon a ſoft fire, and ſo let them ſtew a little while, and diſh them up warm and ſerve them up.

To dreſſe Pickle Fiſh.

WAſh them well while they are in the ſhell in ſalt water, put them into a Kettle over the fire without water; and ſtirre them till they are open, then take them out of their ſhels, and waſh

waſh them in hot water and ſalt, then take ſome of their owne liquor that they have made in the Kettle, a little white-wine, butter, vinegar, ſpice, Parſley; let all theſe boyle together, and when it is boyled, take the yolks of three or four Eggs and put into the broth. Scollops may be dreſſed on this manner, or broyled like Oyſters with Oyle or juyce of Lemons.

To fricate Beef Pallats.

TAke Beef Pallats, after they be boiled very tender, blaunch and pare them clean, ſeaſon them with fine-beaten Cloves, Nutmeg, Pepper, Salt, and ſome grated bread; then have ſome butter in a Frying-pan, put your Pallats therein, and ſo fricate them till they be browne on both ſides, then take them forth and put them on a diſh, and put thereto ſome Gravie of Mutton, wherein two or three Anchoves are diſſolved, grate in your ſauce a little Nutmeg, wring in the juyce of a Lemon, ſo ſerve them.

To

A Spaniſh Olio.

TAke a piece of Bacon not very fat, but ſweet and ſafe from being ruſty, a piece of freſh Beefe, a couple of Hoggs Eares, and four feet if they can be had, and if not, ſome quantity of Sheeps feet, (Calves feet are not proper) a Joynt of Mutton, the Legge, Rack or Loyne, a Hen, halfe a dozen Pigeons, a bundle of Parſley, Leekes and Mint, a Clove of Garlick when you will, a ſmall quantity of Pepper, Cloves and Saffron, ſo mingled that not one of them over-rule, the Pepper and Cloves muſt be beaten as fine as poſſible may be, and the Saffron muſt be firſt dryed, and then crumbled in Powder, and diſſolved apart in two or three ſpoonfulls of Broth, but both the Spices and the Saffron may be kept apart till immediately before they be uſed, which muſt not be, till within a quarter of an houre before the Olio be taken off from the fire; a Pottle of hard dry Peaſe, when they have firſt ſteept in water ſome dayes, a pint of boyl'd Cheſnuts: Particular care muſt be had, that the Pot wherein the Olio is made, be very ſweete: Earthen I thinke is the beſt, and judge-

ment

ment is to be had carefully both in the ſize of the Pot, and in the quantity of the water at the firſt, that ſo the Broth may grow afterwards to be neither too much, nor too little, nor too groſſe, nor too thin; thy meat muſt be long in boyling, but the fire not too fierce, the Bacon, the Beefe, the Peaſe, the Cheſnuts, the Hogs Ears, may be put in at the firſt. I am utterly againſt thoſe confuſed Olios, into which men put almoſt all kinds of meats and Roots, and eſpecially againſt putting of Oyle, for it corrupts the Broth, in ſtead of adding goodneſſe to it. To do well, the Broth is rather to be drunk out of a Porrenger, than to be eaten with a ſpoon, though you adde ſome ſmall ſlices of bread to it, you will like it the worſe. The Sauce for thy meat muſt be as much fine Sugar beaten ſmall to powder, with a little Muſtard, as can be made to drink the Sugar up, and you will find it to be excellent; but if you make it not faithfully and juſtly according to this preſcript, but ſhall neither put Mace, or Roſemary, or Tyme, to the herbs, as the manner is of ſome, it will prove very much the worſe.

To

To make Metheglin.

TAke all ſorts of Herbes that are good and wholeſome, as Balme, Mint, Fennell, Roſemary, Angelica, wilde Tyme, Iſop, Burnet, Egrimonie, and ſuch other, as you think fit; ſome field Herbes, but you muſt not put in too many, but eſpecially Roſemary or any ſtrong Herbe, leſſe than half an handfull will ſerve of every ſort, you muſt boyle your herbes and ſtraine them, and let the Liquor ſtand till to morrow and ſettle them, take off the cleareſt Liquor two gallons and a halfe to one gallon of Honey, and that proportion as much as you will make, and let it boyle an houre, and in the boyling skim it very cleane, then ſet it a cooling as you do Beer, when it is cold take ſome very good Ale Barme, and put into the bottome of the Tub a little and a little, as they doe Beere, keeping back the thicke ſetling that lieth in the bottome of the Veſſel that it is cooled in, and when it is all put together, cover it with a cloth, and let it worke very neere three dayes, and when you mean to put it up, skim off all the Barme cleane, put

it

it up into the Veſſel, but you muſt not ſtop your veſſel very cloſe in three or foure dayes, but let it have all the vent, for it will worke, and when it is cloſe ſtopped, you muſt looke very often to it, and have a peg in the top to give it vent; when you heare it make a noiſe, as it will do, or elſe it will breake the Veſſel; ſometime I make a bag, and put in good ſtore of Ginger ſliced, ſome Cloves and Cinnamon, and boyle it in, and other times I put it into the Barrel and never boyle it, it is both good, but Nutmeg and Mace do not well to my taſte.

To make a Sallet of Smelts.

TAke halfe an hundred of Smelts, the biggeſt you can get, draw them and cut off their heads, put them into a Pipkin with a pint of White-wine, and a pint of White-wine Vinegar, an Onion ſhred, a couple of Lemons, a Race of Ginger, three or foure blades of Mace, a Nutmeg ſliced, whole Pepper, a little Salt, cover them, and let them ſtand twentie foure houres; if you will keepe them three or foure dayes, let not your Pickle be too ſtrong of the Vinegar, when

when you will ſerve them, take them out one by one, ſcrape and open them as you do Anchoves, but throw away the bones, lay them cloſe one by one round a ſilver diſh, you muſt have the very utmoſt rind of a Lemon or Orange ſo ſmall as grated bread and the Parſley, then mix your Lemon Pill, Orange and Parſley together with a little fine-beaten Pepper, and ſtrew this upon the diſh of Smelts with the meat of a Lemon minced very ſmall, alſo then poure on excellent Sallet-oyle, and wring in the juyce of two Lemons, but be ſure none of the Lemon-ſeed be left in the Sallet, ſo ſerve it.

To roaſt a Fillet of Veale.

TAke a Fillet of Beefe, which is the tenderest part of the beaſt, and lieth onely in the inward part of the Surloyne next to the Chine, cut it as big as you can, then broach it on a broach not too big, and be careful you broach it not thorow the beſt of the meat, roaſt it leiſurely and baſte it with ſweet butter: Set a diſh under it to ſave the Gravie while the Beefe is roaſting, prepare the Sauce for it, chop good ſtore of Parſe[y] with

with a few ſweet herbs ſhred ſmall, and the yolkes of three or four Eggs, and mince among them the Pill of an Orange, and a little Onyon, then boyle this mixture, putting into it ſweet Butter, Vinegar and Gravie, a ſpoonful of ſtrong Broth, when it is well boyled, put it into your Beef, and ſerve it very warm, ſometimes a little groſſe Pepper or Ginger into your ſauce, or a Pill of an Orange or Lemon.

To make a Sallet of a cold Hen or a Capon.

TAke the breaſt of an Hen or Capon, and ſlice it as thin as you can in ſteaks, put therein Vinegar, and a little Sugar, as you thinke fit; then take ſixe Anchoves, and an handfull of Capers, a little long, groſſe or a Carrigon, and mince them together, but not too ſmall, ſtrew them on the Sallet, garniſh it with Lemons, Oranges or Barberries, ſo ſerve it up with a little ſalt.

To ſtew Muſhromes.

TAke them freſh gathered and cut off the hard end of the ſtalk, and as you pill them throw them into a Diſh of White-wine,

after they have lain half an houre or thereupon, draine them from the Wine, and put them between two ſilver Diſhes, then ſet them on a ſoft fire without any liquor, and when they have ſtewed a while, poure away the liquor that comes from them which will be very black, then put your Muſhromes into another cleane Diſh with a ſprig or two of Tyme, an Onyon whole, foure or five cornes of whole Pepper, two or three Cloves, a bit of an Orange, a little Salt, a bit of ſweet butter, and ſome pure Gravie of Mutton, cover them, and ſet them on a gentle fire, ſo let them ſtew ſoftly till they be enough, and very tender, when you diſh them blow off all the fat from them, and take out the Tyme, Spice and Orange, then wring in the juyce of Lemon, and grate a little Nutmeg among the Muſhromes, toſſe them two or three times, put them in a cleane Diſh, and ſerve them hot to the Table.

The Lord Conway, *his Lordſhips Receipt for the making of Amber Puddings.*

FIrſt take the guts of a young Hog, and waſh them very cleane, and then take two pound of the beſt Hogs fat, and a pound and an half of the beſt Jurden Almonds, the which being blaunchi, take one half of them and beat them very ſmall, and the other halfe reſerve whole unbeaten, then take a pound and an halfe of fine Sugar, and foure white Loaves, and grate the Loaves over the former compoſition, and mingle them well together in a Baſon, having ſo done, put to it halfe an ounce of Ambergreece, the which muſt be ſcraped very ſmall over the ſaid compoſition, take half a quarter of an ounce of Levant muſk, and bruiſe it in a marble mortar, with a quarter of a pint of Orange-flower water, then mingle theſe all very well together, and having ſo done, fill the ſaid guts therewith. This Receipt was given his Lordſhip by an Italian for a great rarity, and has been found ſo to be by thoſe Ladies of honour, to whom his Lordſhip has imparted the ſaid Receipt.

To make a Partridge Tart.

TAke the flesh of foure or five Partridges minced very small, with the same weight of Beef marrow as you have Partridge flesh, with two ounces of Orangadoes and green Citron minced together as small as your meate, season it with Cloves, and Mace, and Nutmeg, and a little Salt and Sugar, mixe all together, and bake it in Puffe-paste; when it is baked open it, and put in half a Graine of Muske or Amber brayed in a mortar or Dish, and with a spoonfull of Rosewater and the juyce of three or four Oranges, when you put all these therein, stir the meat and cover it again, and serve it to the Table.

To keep Venison all the year.

TAke the Haunch, and parboyle it a while, then season it with two Nutmegs, a spoonfull of Pepper, and a good quantity of Salt, mingle them all together, then put two spoonfulls of White-wine-Vinegar, and having made the Venison full of holes, as you do when you Lard it, when it is Larded put in the Venison

ſon at the holes the Spice and Vinegar, and ſeaſon it therewith, then put part into the Pot with the fat ſide downwards, cover it with two pound of Butter, then cloſe it up cloſe with courſe Paſte, when you take it out of the Oven take away the Paſte, and lay a round Trencher with a weight on the top of it to keep it down, till it be cold, then take off the Trencher, and lay the Butter flat upon the Veniſon, then cover it cloſe with ſtrong white Pepper, if your Pot be narrow at the bottom it is the better, for it muſt be turned upon a Plate, and ſtuck with Bay leaves when you pleaſe to eat it.

To bake Brawne.

TAke two Buttocks and hang them up two or three dayes, then take them down and dip them into hot water, and pluck off the skin, dry them very well with a cleane Cloth, when you have ſo done, take Lard, cut it in pieces as big as your little finger, and ſeaſon it very well with Pepper, Cloves, Mace, Nutmeg, and Salt, put each of them into an earthen Pot, put in a pint of Claret-wine, a pound of Mutton Suet. So cloſe it with Paſte,

let the Oven be well heated, and so bake them, you must give them time for the baking, according to the bigness of the Haunches, and the thickness of the Pots, they commonly allot seven hours for the baking of them; let them stand three dayes, then take off their Covers, and pour away all the liquor, then have clarified butter, and fill up both the pots to keep it for the use, it will very well keep two or three moneths.

To roast a Pike.

TAke a Pike, scoure off the slime, take out the entrails, lard it with the backs of Pickled Herrings, you must have a sharpe Bodkin to make the holes, no Larding-pins will go thorow, then take some great Oysters, Claret-wine, season it with Pepper, Salt and Nutmeg, stuff the belly of the Pike with these Oysters, intermix with them Rosemary, Tyme, Wintersavory, sweet Marjoram, a little Onyon and Garlick, sow these in the belly of the Pike, prepare two sticks about the breadth of a Lath, these two sticks and the Spit must be as broad as the Pike being tied on the Spit, tie the Pike on, winding Pack-thread about the Pike along, but there must be tied by the Pack-thread all along the side of the

Pike

Pike which is not defended by the Spit, and the Lathes Rosemary and Bayes, baste the Pike with Butter and Claret-wine, with some Anchoves dissolved in it, when it is wasted, rip up the belly of the Pike and the Oyster will be the same, but the herbs which are whole must be taken out.

To sauce Eeles.

TAke two or three great Eeles, rub them in salt, draw out the guts, wash them very cleane, cut them athwart on both sides sound deep, and cut them againe crosse way, then cut them thorow in such pieces as you think fit, and put them into a Dish with a pint of Wine Vinegar, and an handful of Salt, have a Kettle over the fire with faire water, and a bundle of sweet Herbes, two or three great Onyons, some Mace, a few Cloves, you must let these lie in Wine Vinegar and Salt, and put them into boyling Liquor, there let them boile according to Cookery, when enough, take out the Eeles, and draine them from the Liquor, when they are cold take a pint of White-wine, boyle it up with Saffron to colour the Wine, then take out some of the liquor, or put it in an earthen

pan, take out the Onyons and all the herbs, onely let the Cloves and Mace remain, you muſt beat the Saffron to Powder, or elſe it will not colour.

To make Sauſages without skins.

TAke a Leg of young Pork, two pound of Beef-ſuet, two handfuls of Sage, two loaves of white bread, Salt and Pepper to your taſte, half the Pork and half the Suet muſt be very well beaten in a ſtone mortar, the reſt cut very ſmall, be ſure to cut out all Greſles and Lenets in the Pork, when you have mixed theſe altogether, knead them into a ſtiff Paſte with the yolks of two or three Eggs, ſo roul them into Sauſages.

To dreſſe a Pike.

TAke a male Pike, rub his skin off whilſt he lives with Bay ſalt, having well cleared the outſide, lay him in a large Diſh or Tray, open him ſo as you break not his Gall, cut him according to the ſize of the fiſh in two or three pieces, from the head to the tail muſt be ſlit, this done, they are to be laid as flat as you can in a great Diſh or Tray, pour upon it half a pint of White-wine-vinegar, more or leſſe, according to the ſize of

of the fiſh, then ſtrew upon the inſide of the fiſh White ſalt plentifully, Bay ſalt beaten very ſmall is better, whilſt this is a doing, let a Skellet with a ſufficient quantity of Reniſh Wine, or good White-wine, be put over the fire, with the Wine Salt, Ginger, Nutmeg, an Onyon, four or five Cloves of Garlick, a bunch of ſweet herbs, *viz.* Sweet-marjoram, Roſemary, Pill of half a Lemon, let theſe boil to the heighth, put in the Pike with the Vinegar, in ſuch manner as not to quench or allay, if poſſible, the heat of the liquor, put the thickeſt piece firſt, that will aske moſt boyling, and the Vinegar laſt of all; while the Pike boyls, take two quarters of a pound of Anchoves, one quarter of very good Butter, a Saucer of the liquor your Pike was boyled in, diſſolved Anchoves. Note that the Liquor, Sauce, the Spice and the other Ingredients muſt follow the proportion of the Pike; if your Sauce be too ſtrong of the Anchoves, adde more fair water to it. Note alſo, that the liquor wherein this Pike was dreſſed, is bettter to boyle a ſecond Pike therein, than it was at the firſt.

To dreſſe Eeles.

CUT two or three Eeles into pieces of a convenient length, ſet them endwayes in a pot of Earth, put in a ſpoonfull or two of water, and to them put ſome Herbes and Sage chopt ſmall, ſome Garlick, Pepper and Salt, ſo let them be baked in an Oven.

To boyle a Pudding after the French faſhion.

TAke a Turkey that is very fat, and being pull'd and dreſt, Lard him with long pieces of Lard, firſt wholed in ſeaſoning of Salt, Pepper, Nutmeg, Cloves and Mace, then take one piece of Lard whole in the ſeaſoning, put it into the belly with a ſprigge of Roſemary and Bayes, ſow it very cloſe in a cleane cloth, and let it lie all night covered with White-wine, let it be put into a pot with the ſame liquor and no more, let it be cloſe ſtopped, then hang it over a very

ſoft

ſoft and gentle fire, there to continue ſix houres in a ſimpering boile, when it is cold take it out of the cloth, not before, put it in a Pie-plate, and ſtick it full of Roſemary and Bayes, ſo ſerve it up with Muſtard and Sugar, they are wont to lay it on a Napkin folded ſquare, and lay it corner-wiſe.

To make a Fricake.

TAke three Chickens, and pull off the skins, and cut them into little pieces, then put them into water with two or three Onyons and a bunch of Parſley, and when it hath ſtewed a little, put in ſome Salt and Pepper, and a pint of White-wine, ſo let them ſtew till they be enough, then take ſome Verjuyce, and Nutmegs, and three or foure yolkes of Egges, beate them well together, and when you take off the Chickens, put them into a Frying-pan altogether with ſome Butter, ſcald it well over the fire, and ſerve it in.

To make a Diſh called Olives.

TAke a Fillet of Veal, and the fleſh from the bones, and the fat and skin from either, cut it into very thin ſlices, beat them with the back of your Knife, lay them abroad on a Diſh, ſeaſon them with Nutmeg, Pepper, Salt and Sugar, chop half a pound of Beef-ſuet very ſmall, and ſtrew upon the top of the meat, then take a good handful of herbs, as Parſley, Tyme, Winterſavory, Sorrel and Spinage, chop them very ſmall, and ſtrew over it, and four Eggs with the whites, mingle theſe all well together with your hands, then roul it up piece by piece, put it upon the ſpit, roaſting it an hour and half, and if it grow dry baſte it with a little ſweet Butter, the ſauce is Verjuyce or Claret-wine with the Gravie of the meat and Sugar, take a whole Onyon and ſtew it on a Chaffing-diſh of Coals, and when it taſtes of the Onyon, pour the liquor from it on the meat, ſetting it a while on the Coals, and ſerve it in.

To make an Olive-Pye.

THis you may take in a Pie, putting Raisins of the Sun ſtoned and ſome Currans in every Olive, firſt ſtrowing upon the meat the whites and yolks of two boyled Eggs ſhred very ſmall, make your Olives round, and put them into Puff-paſte, when it is half baked put in a good quantity of Verjuyce or Claret-wine ſweetned with Sugar, putting it in again till it be thorow baked.

The Counteſſe of RUTLANDS *Receipt of making the rare* Banbury *Cake, which was ſo much praiſed at her Daughters (the right Honourable the Lady* Chaworths) *Wedding.*

Imprimis,

TAke a peck of fine Flowre, and half an Ounce of large Mace, halfe an Ounce of Nutmegs, and halfe an Ounce of Cinnamon, your Cinnamon and Nutmegs muſt be ſifted through a Searce, two pounds of Butter, halfe a ſcore of Eggs, put out four of the whites of them, ſome

ſomething above a pint of good Ale-yeaſt, beate your Egges very well and ſtraine them with your Yeaſt, and a little warme water into your Flowre, and ſtirre them together, then put your Butter cold in little Lumpes: The water you knead withall muſt be ſcalding hot, if you will make it good Paſte, the which having done, lay the Paſte to riſe in a warme Cloth, a quarter of an houre, or thereupon; then put in tenne pounds of Currans, and a little Muske and Ambergreece diſſolved in Roſewater, your Currans muſt be made very dry, or elſe they will make your Cake heavy, ſtrew as much Sugar finely beaten amongſt the Currans, as you ſhall thinke the water hath taken away the ſweetneſſe from them; breake your Paſte into little pieces, into a Kimnell, or ſuch like thing, and lay a Layer of Paſte broken into little pieces, and a Layer of Currans, untill your Currans are all put in, mingle the Paſte and the Currans very well, but take heed of breaking the Currans, you muſt take out a piece of Paſte after it hath riſen in a warme cloth before you put in the Currans to cover the top, and the bottome, you muſt roule the Cover ſomething

thing thin, and the bottome likewiſe, and wet it with Roſewater, and cloſe them at the bottome of the ſide, or the middle which you like beſt, prick the top and the ſides with a ſmall long pin, when your Cake is ready to go into the Oven, cut it in the midſt of the ſight round about with a Knife an inch deep, if your Cake be of a peck of Meale, it muſt ſtand two houres in the Oven, your Oven muſt be as hot as for manchet.

An excellent Syllabub.

FILL your Syllabub-pot with Syder (for that is the beſt for a Syllabub) and good ſtore of Sugar and a little Nutmeg; ſtirre it well together, put in as much thick Cream by two or three ſpoonfuls at a time, as hard as you can, as though you milke it in, then ſtir it together exceeding ſoftly once about, and let it ſtand two hours at leaſt ere it is eaten, for the ſtanding makes the Curd.

To

To sauce a Pig.

TAke a fair large Pigge and cut off his Head, then slit him through the midst, then take forth his bones, then lay him in warme water one night, then Collar him up like Brawne, then boyle him tender in fair water, and when he is boyled put him in an earthen pot or pan into water and Salt, for that will make him white, and season the flesh, for you must not put Salt in the boyling, for that will make it black, then take a quart of the same Broth, and a quart of White-wine, boyle them together to make some drink for it, put into it two or three Bay-leaves, when it is cold uncloath the Pig, and put it into the same drink, and it will continue a quarter of a year. It is a necessary Dish in any Gentlemans house; when you serve it in, serve it with green Fennel, as you do Sturgion with Vinegar in Saucers.

To make a Virginia Trout.

TAKE Pickled Herrings, cut off their Heads, and lay the bodies two dayes and nights in water, then wash them well, then

then ſeaſon them with Mace, Cinamon, Cloves, Pepper, and a little Red Saunders, then lay them cloſe in a pot with a little onyon ſtrewed ſmall upon them, and caſt between every Layer; when you have thus done, put in a pint of Claret-Wine to them, and cover them with a double paper tyed on the pot, and ſet them in the Oven with Houſhold-bread. They are to be eaten cold.

To make a fat Lamb of a Pig.

TAke a fat Pig and ſcald him, and cut off his head, ſlit him and truſſe him up like a Lamb, then being ſlit through the middle, and flawed, then parboyle him a little, then draw him with Parſley as you do a Lamb, then roaſt it and dridge it, and ſerve it up with Butter, Pepper and Sugar.

To make Rice Pancakes.

TAke a pound of Rice, and boyle it in three quarts of water till it be very tender, then put it into a pot covered cloſe, and that will make a Jelly, then take a quart of Creame or new Milke, put

put it scalding hot to the Rice, then take twenty Eggs, three quarters of a pound of melted Butter, a little Salt, stirre all these well together, put as much Flowre to them as will make them hold frying, they must be fryed with Butter, they must be made over night, best.

Mrs. Dukes *Cake.*

TAke a quarter of a peck of the finest Flowre, a pint of Creame, ten yolks of Egges well beaten, three quarters of a pound of Butter gently melted, poure on the Flowre a little Ale-yeast, a quarter of a pint of Rosewater, with some Muske, and Ambergreece dissolved in it, season all with a penny worth of Mace and Cloves, a little Nutmeg finely beaten, Currans one pound and an halfe, Raisins of the Sun stoned, and shred small one pound, Almonds blaunched and beaten halfe a pound, beat them with Rosewater to keep them from Oyling: Sugar beaten very small half a pound; first mingle them, knead all these together, then let them lie a full hour in the Dough together, then the Oven being made ready, make up your Cake, let not the Oven be too hot, nor shut up the mouth of it too close,

cloſe, but ſtir the Cake now and then that it may bake all alike, let it not ſtand a full houre in the Oven. Againſt you draw it have ſome Roſewater and Sugar finely beaten, and well mixed together to waſh the upper ſide of it, then ſet it in the Oven to dry, when you draw it out, it will ſhew like Ice.

To make fine Pancakes fryed without Butter or Lard.

TAke a pint of Creame, ſix new-laid Eggs, beat them very well, put in a quarter of a pound of Sugar, one Nutmeg or beaten Mace, which you pleaſe, as much Flowre as will thicken them almoſt as thick as for ordinary Pancakes, your pan muſt be clean wiped with a cloth, when it is reaſonably hot, put in your Butter or thick or thin as you pleaſe, to fry them.

To pot Veniſon.

TAke an Hauuch of Veniſon not hunted, and bone it, then take three Ounces of Pepper beaten, twelve Nutmegs with an hand full of Salt, and mince them together with Wine-vinegar, then wet your Veniſon with Wine-vinegar, and ſeaſon it

it, then with a Knife make holes on the lean ſides of the Hanch, and ſtuff it as you would ſtuff Beef wiith Parſley, then put it into the pot with the fat ſide downward, then clarifie three pound of Butter, and put it thereon, and paſte upon the Pot, and let it ſtand in the Oven five or ſixe hours, then take it out, and with a vent preſſe it down to the bottome of the Pot, and let it ſtand till it be cold, then take the Gravie of the top of the pot and melt it, and boyle it half away and more, then put it in again with the Butter on the top of the Pot.

To make a Marchpane: to Ice him, &c.

TAke two pound of Almonds blanched, and beaten in a ſtone Mortar till they begin to come to a fine Paſte, and take a pound of ſifted Sugar, and put it in the Mortar with the Almonds, and ſo leave it till it come to a perfect Paſte, putting in now and then a ſpoonful of Roſewater to keep them from Oyling: when you have beaten them to a perfect Paſte, cover the Marchpane in a ſheet, as big as a Charger, and ſet an edge about

as you do about a Tart, and a bottome of Wafers under him; thus bake it in an Oven or Baking-pan, when you ſee your Marchpane is hard and dry, take it out and Ice him with Roſewater and Sugar, being made as thick as Butter for Fritters; ſo ſpread it on him with a Wing-feather, ſo put it into the Oven again, and when you ſee it riſe high, then take it out and garniſh it with ſome pretty conceits, made part of the ſame ſtuff, ſtick long Cumfets upright in him, ſo ſerve it.

To make Jelly the beſt manner.

TAke a Leg of Veal, and pare away the fat as clean as you can, waſh it throughly, let it lie ſoaking a quarter of an hour or more, provided you firſt break the bones, then take four Calves feet, ſcald off the hair in boyling water, then ſlit them in two and put them to your Veal, let them boyle over the fire in a braſs pot with two Gallons of water or more according to the proportion of your Veal, ſcum it very clean and often; ſo let it boyle till it comes to three pintes or a little more, then ſtraine it through a clean ſtrainer into a Baſon,

Baſon, and ſo let it ſtand till it be through cold and well jellied, then cut it in pieces with a Knife, and pare the top and the bottome of them, put it into a Skellet, take two ounces of Cinnamon broken very ſmall with your hand, three Nutmegs ſliced, one Race of Ginger, a large Mace or two, a little quantity of Salt, one ſpoonfull of Wine-vinegar, or Roſe-vinegar, one pound and three quarters of Sugar, a pint of Reniſh wine, or White-wine, and the Whites of fifteene Egges well beaten; put all theſe to the Jelly, then ſet it on the fire, and let it ſeeth two or three walmes, ever ſtirring it as it ſeeths, then take a very cleane Jelly-bag, waſh the bottom of it in a little Roſewater, and wring it ſo hard that there remaine none behind, put a branch of Roſemary in the bottome of the bag, hang it up before the fire over a Baſon; and poure the Jelly-bag into the Baſon, provided in any caſe you ſtirre not the bag, then take Jelly in the Baſon and put it into your bag againe, let it run the ſecond time, and it will be very much the clearer; ſo you may put it into your Gally-pots or Glaſſes which you pleaſe, and ſet them a cooling on Bay-ſalt, and when

when it is cold and ſtiff you may uſe it at your pleaſure, if you will have the Jelly of a red colour, uſe it as before, onely inſtead of Reniſh Wine uſe Claret.

To make poor Knights.

CUT two penny Loaves in round ſlices, dip them in half a pint of Cream, or faire water, then lay them abroad in a diſh, and beat three Eggs and grated Nutmegs and Sugar, beat them with the Cream, then melt ſome Butter in a Frying-pan, and wet the ſides of the Toaſts and lay them in on the wet ſide, then poure in the reſt upon them, and ſo fry them, ſerve them in with Roſewater, Sugar and Butter.

To make Shrewsbury Cakes.

TAke two pound of Flowre dryed in the oven, and weighed after it is dryed, then put to it one pound of Butter that muſt be laid an houre or two in Roſewater, ſo done, poure the water from the Butter, and put the Butter to the Flowre with the yolkes and whites of five Eggs, two Races of Ginger, and three quarters of a pound of Sugar, a little Salt, grate your ſpice, and it will be the

the better, knead all these together till you may roul the Paste, then roul it forth with the top of a Bowle, then prick them with a pin made of wood, or if you have a Comb that hath not been used, that will do them quickly, and is best to that purpose, so bake them upon Pie-plates, but not too much in the Oven, for the heat of the Plates will dry them very much, after they come forth of the Oven you may cut them without the Bowles, of what bigness of what fashion you please.

To make Beef like Red Deer to be eaten cold.

TAke a Buttock of Beef, cut it the long wayes with the grain, beat it well with a Rouling-pin, then broyle it upon the coals, a little after it is cold draw it through with Lard, then lay in some White-wine-vinegar, Pepper, Salt, Cloves, mace and Bay-leaves, then let it lie three or four dayes, then bake it in Rye-paste, and when it is cold fill it up with Butter, after a fortnight it will be eaten.

To make Puffs.

TAke a pint of Cheese Curds and drain them dry, bruise them small with the hand, put in two handfuls of Flowre, a little Sugar, three or four yolks of Eggs, a little Nutmeg and Salt, mingle these together and make them little, like eyes, fry them in fresh Butter, serve them up with fresh Butter and Sugar.

To make an hash of Chickens.

TAke sixe Chickens, quarter them, cover them almost with water, and season them with Pepper and Salt, and a good handful of minced Parsley, and a little White-wine, when they are boyled enough put six Egges only the yolks, put to them a little Nutmeg and Vinegar, give them a little walme or two with the Chickens, pour them altogether into a Dish and serve them in, when you put on the Eggs, and a good piece of Butter.

To make an Almond Caudle.

TAke three pints of Ale, boyle it with Cloves, Mace, and sliced Bread into it, then have ready beaten a pound of

blanched Almonds ſtamped in a Mottar, with a little White-wine, then ſtrain them out with a pint of White-wine, thicken your Ale with it, ſweeten it as you pleaſe, and be ſure you skim the Ale well when it boyles.

To make ſcalding Cheeſe towards the later end of May.

TAke your Evening Milk and put it into Boules or earthen Pans, then in the morning fleet off the Cream in a Boule by it ſelf, put the fleet milk into a Tub with the morning milk, then put in the nights Cream, and ſtir it together, and heat the milk, and put in the Rennet; as for ordinary new milk Cheeſe, it is to be made thick; when the Cheeſe is come, gather the Curd into a Cheeſe-cloath, and ſet the Whey on the fire till it be ſeething hot, put the Cheeſe in a Cloth into a Killar that hath a waſte in the bottom, and pour in the hot Whey, then let out that and put in more till your Curd feel hard, then break the Curd with your hands as ſmall as you can, and put an handful of Salt to it, then put it into the Fat, turne it at noon and at night, and next day put it into a Trough where Cheeſe is ſalted every day, and turn it as

long

long as any will enter, then lay it on a Table or Shelf all Summer; if you will have it mellow to eat within a year, it must be laid in Hay in the Spring; if to keep two years, let it dry on a Shelf out of the wind all the next Summer, and in Winter lay them in Hay a while, or lay them close one to another; I seldome lay any in Hay, I turn and rub them with a rotten cloth, especially when they are old, once a week lest they rot.

To pickle Purslaine.

TAke Purslaine, stalks and all, boyl them tender in fair water, then lay them drying upon Linnen cloaths, then being dryed, put them into the Galley-pots, and cover them with Wine-vinegar mixed with Salt, and not make the Pickle so strong as for Cucumbers.

FINIS.

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